

# Galveston Congregate

March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3/2/2020	3/3/2020	3/4/2020	3/5/2020	3/6/2020
Swedish Chicken Meatballs Parslied Penne Pasta Catalina Vegetables Wheat Bread Fresh Fruit Milk Diet - Same	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Peach Cobbler^ Milk Mustard and Ketchup Diet - Hot Spiced Peaches	Lemon Chicken Breast^ Delmonico Potatoes Brussels Sprouts Wheat Bread Chocolate Pudding Milk Diet - Chocolate Pudding	Ham and White Beans+ Dirty Rice Spinach Cornbread Fresh Fruit Milk Margarine Diet - Same	<b>Lent</b> Potato Crusted Fish Herbed Green Peas Stewed Tomatoes Wheat Roll^ Oatmeal Cream Cookie Milk Tartar Sauce Diet - Same
629 Calories 605mg Sodium	806 Calories 1105mg Sodium	607 Calories 588mg Sodium	774 Calories 771mg Sodium	701 Calories 1111mg Sodium
3/9/2020	3/10/2020	3/11/2020	3/12/2020	3/13/2020
Meatloaf Brown Gravy Whipped Potatoes Broccoli Wheat Bread Fresh Fruit Milk Diet - Same	Sweet and Sour Chicken# Jasmine Rice Japanese Vegetables Texas Bread Fortune Cookie Milk Diet - Same	BBQ Pork Rib Patty+ Ranch Beans Parslied Carrots Wheat Roll^ German Chocolate Cake^ Milk Diet - Cake	Turkey Breast with Gravy* Squash Rice Casserole Green Peas Texas Bread Fresh Banana Milk Diet - Same	<b>Lent</b> Vegetable Lasagna Cauliflower Green Beans Wheat Bread Strawberry Cereal Bar Milk Diet - Same
613 Calories 785mg Sodium	602 Calories 872mg Sodium	725 Calories 857mg Sodium	621 Calories 1428mg Sodium	625 Calories 784mg Sodium
3/16/2020	3/17/2020	3/18/2020	3/19/2020	3/20/2020
Balsamic Chicken Garlic Whipped Potatoes Green Beans Almandine Dinner Roll Fresh Fruit Milk Margarine Diet - Same	Beef Taco Charro Beans Spanish Rice Flour Tortilla Cinnamon Crisp Bar Milk Taco Sauce Diet - Same	Smoked Sausage+* Lima Beans Stewed Tomatoes Cornbread Fresh Orange Milk Margarine Diet - Same	Parmesan Chicken Breast^ Macaroni and Cheese Sliced Carrots Whole Wheat Breadstick^ Birthday Cake Milk Diet - Cake 	<b>Lent</b> Tuna Salad Three Bean Salad Cold Diced Beets Saltine Crackers Craisins Milk Diet - Same
657 Calories 591mg Sodium	655 Calories 1455mg Sodium	783 Calories 1437mg Sodium	744 Calories 1060mg Sodium	654 Calories 1127mg Sodium
3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020
Salisbury Beef Onion Gravy Whipped Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Milk Diet - Same	Sausage and Rice Casserole+* Green Peas Country Tomatoes Wheat Bread Animal Crackers# Milk Diet - Same	Beef Chili with Beans Parslied Rice Mixed Greens Cornbread Fresh Orange Milk Margarine Diet - Same	Tomato Basil Chicken Parmesan Penne Pasta Mixed Vegetables Dinner Roll Pound Cake^ Milk Diet - Cake	<b>Lent</b> Macaroni and Cheese Herbed Green Beans Cauliflower Wheat Bread Fudge Cream Cookie Milk Diet - Same
600 Calories 711mg Sodium	823 Calories 1823mg Sodium	670 Calories 1283mg Sodium	643 Calories 1003mg Sodium	736 Calories 839mg Sodium
3/30/2020	3/31/2020			
Thai Chili Chicken# Seasoned Lentils Ginger Carrots Texas Bread Fresh Fruit Milk Diet - Same	Vegetable Beef Soup Whole Kernel Corn Diced Beets Wheat Bread Cherry Upside Down Cake^ Milk Diet - Cake			
636 Calories 1049mg Sodium	681 Calories 1875mg Sodium			

\* - Turkey

+ - Pork

# - New Menu Item

^ - Upgraded Menu Item

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