

BTC Foods, Inc. Hot Congregate Menu

Menu as of November 2019

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
TURKEY & MUENSTER CHEESE SANDWICH (1.5oz Turkey, 1.5oz cheese, 2oz WW hamburger roll**) Lettuce leaf, tomato slice ½ cup carrot raisin salad* ½ c applesauce* Pc mustard ½ cup navy bean soup, 2 crackers*	CHICKEN THIGH WITH BEANS AND WILTED GREENS (3oz EP chicken thigh) ½ c beans and spinach greens*) ½ cup corn, carrots & red peppers* 1.5 oz WW roll**, pc margarine Fresh Pear*	BBQ CHEDDAR BURGER (3oz EP ground beef, 0.5oz cheddar cheese) ½ cup sweet potato cubes* ½ cup sugar snap peas w red peppers* ½ c cucumber and onion salad 2oz WW hamburger roll** Pc bbq sauce ½ cup fruit cocktail*	EGG SALAD PLATTER (3 Whole eggs) lettuce leaf ½ cup marinated tomato & white bean salad* ½ c carrot, broccoli and craisin salad 1.5oz WW roll**, pc marg 1 oz oatmeal cookie* ½ cup chicken noodle soup, 2 crackers*	CRABCAKE & MAC & CHEESE with tomatoes (3oz EP surimi, ½ elbow noodles, 1 oz cheddar cheese, 1 oz diced tomatoes**) ½ cup green beans ½ cup health salad (cabbage, carrot, peppers) 1 slice WW bread*, pc marg ½ cup peaches*
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
BEEF AND BROCCOLI (3oz EP sliced beef, 1oz sauce, ¼ c broccoli) ½ cup brown rice* ½ cup sesame cabbage and carrots 1.oz WW bread*, pc marg ½ cup pineapples*	(1) MANICOTTI w MEATBALLS (2-1oz) (1/4 cup PS ricotta, 1oz PS mozz, 2-1oz EP beef meatballs, 2oz tomato sauce, ½ c manicotti shell***) ½ cup warm cinnamon apples * ½ cup sautéed kale, spinach and diced carrots ½ cup fruit cocktail*	ORANGE CHICKEN (3oz EP chicken breast, 1oz glaze*) ½ cup rice w carrots and peas* ½ cup broccoli 1.5 oz ww roll**, pc marg Fresh Apple*	OVEN "FRIED" CHICKEN (3oz EP chicken, 2 T panko*) ½ cup squash, carrot & zucchini ½ cup yellow sweet corn* 1.5 oz WW roll**, pc margarine ½ cup tropical fruit salad*	TUNA SALAD PLATTER (3oz EP tuna) ½ cup summer time salad (tomato, onion, green pepper, cucumber) 1oz rye bread*, pc marg ½ c pears* ½ cup tomato florentine with pasta soup, 2 crackers*
Monday, March 16	St. Patrick's Day Meal	Wednesday, March 18	Thursday, March 19	Friday, March 20
(Salisbury) STEAK WITH CAMELIZED ONIONS (3oz EP Salisbury steak, ¼ C caramelized onions w au jus) ½ cup whipped potatoes & cauliflower* ½ cup mixed vegetable * 1oz rye bread*, marg ½ cup berry applesauce*	HAM (3oz pork ham) ½ c cabbage ½ c Carrots 2oz Soda Bread** Shamrock Cake** ½ c Irish Potato Soup* 4oz Apple Juice*	SLICED TURKEY W HERB POULTRY GRAVY & STUFFING (3oz EP turkey, 2oz gravy, 1/4 c stuffing*) ½ cup green bean almondine ½ cup carrot coins 1.5oz ww roll**, pc marg ½ cup peach applesauce*	CHICKEN SALAD SANDWICH (3oz EP chicken) Lettuce leaf ½ cup marinated tomato, basil and onion salad 2 slice 7 grain bread* Fresh orange* ½ cup Italian wedding soup, 2 crackers*	THYME AND TARRAGON BAKED FISH (4oz EP tilapia) ½ cup seasoned new potatoes* ½ cup peas * 1 cup romaine lettuce, 1 T shredded carrots w 1 T Fat free italian 1 oz WW bread*, pc marg 1.5oz cinnamon raisin muffin**
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
BEEF TACO (2oz EP ground beef, ¼ c black beans, ¼ onions, tomatoes, 0.5 oz cheddar cheese)* ½ cup brown rice* ½ cup fiesta corn* 1 cup tossed salad (1 cup romaine, 1 slice cucumber and tomato, 1 T fat free ranch) 6" WW tortilla*, pc marg Pc sour cream, ½ cup pineapples*	PESTO CHICKEN (3oz EP chicken breast, 1T pesto sauce, 0.5oz PS mozz) ½ cup zucchini, carrot, yellow squash ½ cup rotini w diced tomatoes* 1.5 WW roll**, 2 halves, pc marg ½ cup mandarin oranges*	CHICKEN CHOP SUEY (3oz EP sliced chicken, ½ cup celery, onion, snow peas, 1oz sauce) ½ cup steamed brown rice* ½ cup broccoli and carrots 1.5oz WW roll**, pc marg ½ c mandarin oranges*	MEATLOAF WITH ONION GRAVY (3oz EP ground beef, 1oz gravy) ½ cup scalloped potatoes* ½ cup peas * 1 oz WW bread*, pc marg Fresh orange*	BAKED ZITI (3/4 c ziti noodle, 1/2 cup PS ricotta, 1oz PS mozz, 2oz sauce***) ½ cup garlic spinach with carrots ½ cup cauliflower 1 oz chocolate chip cookie*
Monday, March 30	Tuesday, March 31	NOTES		
VEGGIE DELUXE OMELET (2oz Egg patty, 1oz swiss, ½ cup potatoes, peppers, onions, tomato, spinach*) ½ cup warm cinnamon & nutmeg spice peaches* ½ cup marinated green bean salad 1oz WW bread*, pc marg 1.5oz zucchini muffin **	TURKEY & MUENSTER CHEESE SANDWICH (1.5oz Turkey, 1.5oz cheese, 2oz WW hamburger roll**) Lettuce leaf, tomato slice ½ cup carrot raisin salad* ½ c applesauce* Pc mustard ½ cup navy bean soup, 2 crackers*	* 1 Carb choice ** 2 Carb choices 8 oz 1% Milk* is offered every day Diet option for sweetened desserts - ½ c fruit* EP: Edible Portion Menu Subject to Change		

MARCH 2020

