




BTC Foods, Inc. Hot Congregate Menu

Menu as of September 2019

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| <p>OCTOBER 2019</p>  | <p>Tuesday, October 1</p> <p>GROUND BEEF & 3 BEAN CHILI (2oz EP ground beef, ¼ c kidney, white bean, and black beans, 2oz tomato sauce, ¼ red & green peppers, ½ cup brown rice)*** ½ cup corn* ½ cup cucumber & onion salad ½ cup pineapples*</p> | <p>Wednesday, October 2</p> <p>SLICED TURKEY W HERB APPLE GLAZE & STUFFING (3oz turkey, 2oz glaze, 1/4 c stuffing*) ½ cup brussel sprouts ½ cup Harvard beets* 1.5oz ww roll**, pc marg Fresh Pear*</p>  | <p>Thursday, October 3</p> <p>FAJITA CHICKEN (3oz EP diced chicken, ¼ cup black beans, ½ cup peppers and onions)* 1 cup tossed salad (1c romaine, 2 cherry tomatoes, cucumber slice, 1T ranch drg) ½ cup Spanish brown rice* ½ cup snap peas* 6" whole wheat tortilla* ½ cup pears*</p> | <p>Friday, October 4</p> <p>TURKEY HOAGIE (2oz EP turkey, 1oz American cheese, 2oz club roll)** Lettuce leaf, 2 slices tomato, 1 slice onion ½ cup potato salad* ½ cup peach applesauce* Pc mayo ½ cup tomato and rice soup w 2 crackers*</p> |
| <p>Monday, October 7</p> <p>HERB ROASTED CHICKEN THIGH (3oz EP chicken thigh) ½ cup rosemary rst red bliss potatoes* ½ cup green beans w red peppers 1.5oz WW roll**, pc marg 1 oz sugar cookie*</p> | <p>Tuesday, October 8</p> <p>SWEDISH MEATBALLS (3oz EP ground beef, 2oz sauce) ½ cup peas and carrots* ½ cup wide noodles* 1 oz rye bread*, pc marg ½ cup mandarin oranges*</p> | <p>Wednesday, October 9</p> <p>BBQ CHICKEN (3oz chicken breast, 1oz bbq sauce)* ½ cup sautéed cabbage ½ cup black eyed peas* 1oz pumpemickel bread*, pc marg ½ cup pudding*</p> | <p>Thursday, October 10</p> <p>EGG SALAD PLATTER (3 whole HB eggs) Lettuce leaf, 2 slices tomato ½ cup summer salad (cucumber, onion, pepper, tomato) ½ cup vegetable pasta salad* 1.5oz WW roll** ½ cup cinnamon applesauce* ½ cup chicken vegetable rotini w 2 crackers*</p> | <p>Friday, October 11</p> <p>CHEESEBURGER (3oz EP ground beef, 0.5oz American cheese) ½ cup potato wedges* ½ cup fiesta corn* 2oz WW hamburger roll** Fresh orange* Pc ketchup</p> |
| <p>Monday, October 14</p> <p>RAVIOLE W RST RED PEPPER SAUCE (3/4 c ravioli noodle, 1/2 cup PS ricotta, 1oz PS mozz, 2oz sauce***) ½ cup spinach with carrots ½ cup cauliflower ½ cup fruit cocktail*</p> | <p>Tuesday, October 15</p> <p>SLICED SESAME GINGER BEEF (3oz sliced beef, 2oz sauce) ½ cup brown rice* ½ cup broccoli ½ cup homemade health salad 1.5 oz WW roll**, pc marg ½ cup pineapples*</p> | <p>Wednesday, October 16</p> <p>TILAPIA W LEMON AND CAPERS (4oz tilapia, 1oz sauce) ½ cup parley potatoes* ½ cup broccoli 1.5oz WW roll**, pc margarine 1.5 oz marble muffin**</p> | <p>Thursday, October 17</p> <p>GARLIC BROWN SUGAR CHICKEN (3oz EP chicken, 1oz glaze)* ½ cup sweet potato cubes* ½ cup snap peas* 1.5oz WW roll**, pc marg Fresh Apple*</p> | <p>Friday, October 18</p> <p>TURKEY SALAD PLATTER (3oz EP turkey) Lettuce leaf, 2 tomato slices ½ cup pickled beet salad ½ cup carrot and raisin salad* 1 oz pumpemickel bread* ½ cup mandarin oranges* ½ cup lentil soup w 2 crackers*</p> |
| <p>Monday, October 21</p> <p>SALISBURY STEAK (3oz EP beef, 2oz beef gravy) ½ cup whipped potatoes & cauliflower* ½ cup mixed vegetable (corn, pea, green bean, carrot)* 1oz rye bread*, pc marg ½ peaches*</p> | <p>Tuesday, October 22</p> <p>LASAGNA (1/2 cup PS ricotta, 1oz PS mozz, 2oz tomato sauce, ¼ cup lasagna noodle)** 1 cup tossed salad (1c romaine, 2 cherry tomatoes, cucumber slice, 1T italian drg) ½ cup carrots 1 sl whole wheat bread*, pc marg ½ cup warm pears w 1T crisp topping*</p> | <p>Wednesday, October 23</p> <p>TUNA SALAD PLATTER (3oz EP tuna) Lettuce leaf, 2 slices tomato ½ cup broccoli salad w craisins* 1.5oz WW roll**, pc marg Fresh Orange* ½ cup minestrone soup w 2 crackers*</p> | <p>Thursday, October 24</p> <p>MEATLOAF WITH TOMATO GLAZE (3oz EP ground beef, 1oz tomato glaze) ½ cup whipped potatoes* ½ cup carrot coins 1 oz WW bread*, pc marg 1oz chocolate chip cookie*</p>  | <p>Friday, October 25</p> <p>CRABCAKE & MAC & CHEESE (3oz EP surimi, ½ elbow noodles, 1 oz cheddar cheese**) ½ cup scalloped tomatoes 1 slice WW bread*, pc marg ½ cup applesauce*</p> |
| <p>Monday, October 28</p> <p>GRILLED CHICKEN PARMESAN (3oz EP chicken, 2oz tomato sauce, 1 oz PS mozz cheese) ½ cup broccoli and cauliflower ½ c penne pasta w 1T sauce* 1oz WW bread*, pc marg ½ cup fruit cocktail*</p> | <p>Tuesday, October 29</p> <p>GROUND BEEF & 3 BEAN CHILI (2oz EP ground beef, ¼ c kidney, white bean, and black beans, 2oz tomato sauce, ¼ red & green peppers, ½ cup brown rice)*** ½ cup corn* ½ cup cucumber & onion salad ½ cup pineapples*</p> | <p>Wednesday, October 30</p> <p>SLICED TURKEY W HERB APPLE GLAZE & STUFFING (3oz turkey, 2oz glaze, 1/4 c stuffing*) ½ cup brussel sprouts ½ cup Harvard beets* 1.5oz ww roll**, pc marg Fresh Pear*</p> | <p>HAPPY HALLOWEEN</p> <p>GHOULISH GOULASH* (3oz EP ground beef) ½ c Pumpkin Soup*, 1 pkt saltines* ½ c Buttered Elbow Noodles* ½ c Witch's Green Peas* 1 Black Cake Brownies** 1.5 oz Dinner Roll** 4 oz Apple Cider* Diet: 4 oz Fruit*</p> | <p>NOTES</p> <p>* 1 Carb choice ** 2 Carb choices</p> <p>8oz 1% Milk* is offered every day</p> <p>Diet option for sweetened desserts - ½ c fruit EP: Edible Portion Menu Subject to Change</p> |