



March Menu, 2023




1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>Want to join us for lunch? Come on in or Give us a call at Our Café Manager is available Monday through Friday from 9:00am to 1:00pm. All reservations must be made 2 business days in advance by 10am. Monday? Register for Wednesday Tuesday? Register for Thursday Wednesday? Register for Friday Thursday? Register for Monday and Tuesday</p> | | | | |
| | | 1 | 2 | 3 |
| | | Lentil Soup Unsalted Crackers Baked Eggplant Ziti Broccoli Garlic Bread Fresh Pear | Orange Juice Beef Stew over Brown Rice Green Beans W.W. Dinner Roll Cookies | NE Clam Chowder Oyster Crackers Fish Sweet Potato Fries Spinach and Kale Rye Bread Brownie |
| 6 | 7 | 8 | 9 | 10 |
| Oven Roasted Sliced Turkey with LS Turkey Gravy Stuffing Carrots Cranberry Sauce Multi Grain Bread Tangerine | Stuffed Shells Florentine Sauce Romaine Salad Italian Dressing Garlic Bread Applesauce | Apple Juice Garlic Baked Chicken with Spinach and Parmesan Cheesy Mushroom Rice Geneva Blend Veggies 100% Whole Wheat Birthday Cake | Sloppy Joe Mashed Potato Corn Hamburger Bun Pineapple Chunks | Tomato Florentine Soup Unsalted Crackers Macaroni and Cheese Brussel Sprouts Whole Wheat Roll Chocolate Chip Cookies |
| 13 | 14 | 15 | 16 | 17 |
| BBQ Pork Riblet with BBQ Sauce Baked Beans Coleslaw Hamburger Roll Applesauce | Bruschetta Chicken Buttered Shells Brussel Sprouts 12 Grain Bread Pear Cup | Mushroom Barley Soup Unsalted Crackers Salisbury Steak Mashed Potatoes Peas and Pearl Onions Dinner Roll Banana | Pineapple Juice Veal Piccata Penne Pasta Ginger Baby Carrots 12 Grain Bread Ice Cream | St. Patrick's Day Grape Juice Corned Beef Cabbage Carrots and Potatoes Mustard  Rye Bread St. Patrick's Poke Cake |
| 20 | 21 | 22 | 23 | 24 |
| Chicken Marsala Buttered Shells Sautéed Spinach and Garlic Wheat Bread Citrus Sections | Cheeseburger Tater Tots Mixed Vegetables W.W. Hamburger Bun Mango Salad | Homemade Meatloaf with LS Beef Gravy Baked Potato Capri Blend Veggies Dinner Roll Banana | Pineapple Orange Juice Turkey Dumpling Stew Green Beans Biscuit Chocolate Chip Cookies | Cream of Broccoli and Cheese Soup Unsalted Crackers Butter Crunch Fish Fried Rice Stir Fry Veggies Multigrain Bread Pineapple Chunks |
| 27 | 28 | 29 | 30 | 31 |
| Knockwurst with Apples and Sauerkraut Potato Pancake Broccoli Hot Dog Bun Sliced Pears with Whipped Topping | Shells with Meatsauce Italian Blend Veggies Garlic Bread Applesauce | Mild Coconut Curry Chicken Jasmine Rice Green Beans Naan Bread Fresh Orange | Grape Juice Sweet and Sour Pork Loin Fried Rice Stir Fry Veggies Fortune Cookie Roll Angel Food Cake with Strawberries | Potato Leek Soup Unsalted Crackers Seafood Salad Lettuce and Tomato Pasta Primavera Hot Dog Roll Banana |