

SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

March 2023

Please call 423-2658 to make meal reservations. Meals must be ordered **48 hours** in advance. Thanks!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Whole Wheat roll Fruit Chicken salad on rye	2 Chicken soup Meatloaf w/ gravy Mashed potato Peas & carrots Snowflake roll Chocolate cookie Romaine salad w/chicken	3 Kale & bean soup Baked fish w/ lemon butter Rice pilaf Baby carrots Sliced ww bread Fruit Chef salad
6 Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding Spinach salad w/ chicken	7 Tomato Soup French onion baked chicken Green beans Rice pilaf Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll	8 Mushroom barley soup American chop suey Zucchini w baby carrots Ww roll Oatmeal raisin cookie Turkey club	9 Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake Antipasto salad	10 Clam chowder (red) Baked fish Italiano w /sauteed vegetables Rice pilaf Sliced bread- Fruit Cobb salad
13 Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie Chef salad	14 Navy bean soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll	15 Chicken and escarole soup Sloppy joe Potato salad 3- bean salad Whole Wheat roll - cookie Turkey & Swiss/whole wheat	16 <u>ST. PATRICK'S DAY LUNCH</u> Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake	17 Kale & bean soup Baked cod provencal Spanish rice Peas & onions Fruit salad Tuna salad plate
20 Beef Barley soup Chicken leg quarter Creamed spinach Sweet potato Roll Brownie Cobb salad	21 Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding Egg salad on multi grain roll	22 Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/ Muti grain bread Seafood salad plate	23 Minestrone Soup BBQ pulled pork Sandwich Cole slaw Baked beans Whole Wheat Roll Oatmeal cookie Meatball sandwich	24 Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread Fruit Chicken salad plate
27 Potato leek soup Chicken cacciatore Black beans & rice Fruit - Whole Wheat roll Chicken sandwich on ww roll	28 Southern Brunswick stew Cole slaw Corn bread Mixed fruit Seafood salad on wheat roll	29 Mushroom barley soup Lasagna roll w/ meat sauce Italian green beans Garlic bread Pound cake Turkey & Swiss on rye	30 Chicken soup Salisbury steak w/gravy Mashed potatoes Baby carrots Ww roll - fruit Egg salad plate	31 Tomato soup Mediterranean baked fish Rice pilaf/ green beans Ww roll- Cookie Cobb salad

