



March 2023

Dinner Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1. CREAMY CHICKEN CHOWDER Smoked Brisket w/ Diced Beets & German Potato Salad OR Seafood Salad Roll w/ Marinated Cucumbers	2. BEEF VEGETABLE Chicken Chow Mein w/ Chow Mein Noodles OR Seasoned Cod w/ Lemon Butter Sauce BOTH w/ Steamed Rice & Broccoli	3. FRENCH ONION Salmon Cakes w/ Lemon Dill Aioli OR Kielbasa BOTH w/ Oven Roasted Potatoes & Veggies	4. HEARTY VEGAN CHILI Beef Tips w/ Mashed Potatoes, Gravy, Peas & Carrots OR White Chicken Chili w/ Biscuit & Side Salad
5. SPLIT PEA & HAM Beef Goulash w/ Veggies OR Tuna Sandwich on Wheat w/ Grapes	6. GARDEN VEGETABLE Chicken A La King w/ Biscuit OR BBQ Pulled Pork Sandwich w/ Oranges BOTH w/ Green Beans & Tomatoes	7. CHEESY POTATO Chicken Marsala w/ Penne Pasta OR Open Faced Hot Roast Beef Sandwich w/ Mashed Potatoes BOTH w/ Diced Carrots	8. BEEF BARLEY Grilled Ham Steak OR Balsamic Herb Chicken BOTH w/ Garlic Mashed Potatoes & Veggies	9. TOMATO BASIL Beef Taco w/ Fixings OR Grilled Cheese Sandwich w/ Fresh Fruit	10. SQUASH Coconut Shrimp w/ Orange Mango Sauce OR Pork Roast w/ Sundried Tomato Sauce BOTH w/ White Rice & Broccoli	11. CORN CHOWDER Honey Lemon Glazed Salmon w/ Quinoa OR French Dip Sandwich BOTH w/ Veggie Blend
12. PASTA FAJOLI Lemon Baked Chicken w/ Baked Potato & Veggies OR Cheese Pizza w/ Veggies & Dip	13. NAVY BEAN Beef Pot Roast w/ Mashed Potatoes & Gravy OR Tuna Melt on Wheat BOTH w/ Mandarin Oranges	14. BEEF VEGETABLE Beef Lasagna OR Sage Roasted Chicken w/ Mashed Cauliflower BOTH w/ Steamed Spinach	15. FRENCH ONION Shrimp Scampi w/ Rotini Pasta OR Corned Beef & Swiss on Rye BOTH w/ Tomato Salad	16. CLAM CHOWDER Ginger Peach Roast Pork OR Veggie Egg Bake BOTH w/ Diced Sweet Potatoes & Herbed Asparagus	17. ROASTED RED PEPPER & TOMATO Crab & Cheese Stuffed Cod w/ Lemon Butter Sauce OR Chicken Kiev BOTH w/ Quinoa & Peas & Carrots	18. CHICKEN WILD RICE Italian Sausage & Pepper Sauté OR Baked Salmon w/ Dill Butter & Green Beans BOTH w/ Oven Roasted Potatoes
19. ITALIAN WEDDING Tuna Casserole & Veggies OR Cranberry Turkey Sandwich w/ Sunchips & Fresh Fruit	20. PASTA FAJOLI Open Faced Hot Turkey Sandwich OR Liver & Onions BOTH w/ Mashed Potatoes & Peas	21. SPINACH & SAUSAGE Orange Cranberry Glazed Chicken OR Swiss & Spinach Quiche BOTH w/ Roasted Veggies & Fruit	22. CHICKEN TORTILLA Braised Swiss Steak w/ Mashed Potatoes & Green Beans OR Chicken Club on Wheat w/ Fresh Fruit	23. CHICKEN W/ DILL Chicken Pot Pie OR Pork Chops w/ Stuffing BOTH w/ Veggies	24. SQUASH Pork Lyonnaise w/ Mashed Potatoes & Butternut Squash & Apple Casserole OR Seafood Salad Pasta w/ Veggies & Dip	25. TOMATO BASIL Tater Tot Casserole OR Lemon Baked Chicken w/ Boiled Potatoes BOTH w/ Veggie Blend
26. SPLIT PEA W/ HAM Mushroom Swiss Burger OR Chicken Tenders BOTH w/ Crunchy Garden Slaw & Potato Wedges	27. CORN CHOWDER Chicken Alfredo w/ Veggies OR Cottage Cheese Fruit Plate w/ Muffin	28. CHICKEN GUMBO Dijon Dill Salmon OR Sesame Pork Tenderloin BOTH w/ White Rice & Asparagus	29. ROASTED RED PEPPER & TOMATO Chicken Pesto OR Sirloin Steak BOTH w/ Baked Potato & Veggie Blend	30. CHICKEN WILD RICE Ginger Chicken Thigh w/ Fried Rice OR Tuna Salad Sandwich on Wheat w/ Fresh Fruit BOTH w/ Broccoli Slaw	31. GARDEN VEGETABLE Herb Baked Chicken OR Cornflake Crusted Cod BOTH w/ Garlic Mashed Potatoes & Winter Squash	