

# March 2023

## Lunch Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1. CREAMY CHICKEN CHOWDER</b> Beef Lasagna w/ Steamed Spinach <b>OR</b> Egg Salad Sandwich on Wheat <b>BOTH w/</b> Fresh Fruit	<b>2. BEEF VEGETABLE</b> Shrimp Primavera w/ French Bread <b>OR</b> Pork Chop w/ Mashed Potatoes & Squash	<b>3. FRENCH ONION</b> Battered Fish w/ Baked Potato Wedges <b>OR</b> Chicken Cacciatore w/ Herb Buttered Noodles <b>BOTH w/</b> Crunchy Garden Slaw	<b>4. HEARTY VEGAN CHILI</b> Bruschetta Chicken <b>OR</b> Sweet & Sour Meatballs <b>BOTH w/</b> Rice Blend & Roasted Zucchini
<b>5. SPLIT PEA W/ HAM</b> Fire Braised Pork w/ Gravy & Sweet Potatoes <b>OR</b> Breakfast Casserole <b>BOTH w/</b> Roasted Brussel Sprouts & Apple Sauce	<b>6. GARDEN VEGETABLE</b> Beef Chili w/ Corn Muffin <b>OR</b> Swiss & Spinach Quiche w/ Fresh Fruit	<b>7. CHEESY POTATO</b> Cheese Quesadilla w/ Fiesta Corn <b>OR</b> Herb Pork Cutlet w/ Baked Potato & Broccoli	<b>8. BEEF BARLEY</b> Baked Salmon w/ Artichokes & Peas <b>OR</b> Turkey Waldorf w/ Fresh Fruit <b>BOTH w/</b> Wheat Breadstick	<b>9. TOMATO BASIL</b> Spaghetti & Meatballs w/ Caesar Salad & Garlic Toast <b>OR</b> Sausage Skillet w/ Fresh Fruit	<b>10. SQUASH</b> Ginger Peach Cod <b>OR</b> BBQ Chicken <b>BOTH w/</b> Diced Sweet Potatoes & Roasted Brussel Sprouts	<b>11. CORN CHOWDER</b> Chicken Tenders w/ Buttered Corn <b>OR</b> Sloppy Joe <b>BOTH w/</b> Creamy Cucumber Salad
<b>12. PASTA FAJOLI</b> Meatloaf w/ Mashed Potatoes, Gravy & Wax Beans <b>OR</b> French Toast w/ Scrambled eggs & Bacon	<b>13. NAVY BEAN</b> Apple Cranberry Turkey Cutlet <b>OR</b> Ragu Pulled Pork <b>BOTH w/</b> Pasta & Roasted Veggies	<b>14. BEEF VEGETABLE</b> Fire Braised Pork w/ Honey Mustard Cream <b>OR</b> Orange Chicken <b>BOTH w/</b> Steamed Rice & Marinated Cucumbers	<b>15. FRENCH ONION</b> Grilled Sirloin Steak <b>OR</b> Parmesan Crusted Chicken w/ Boursin Cream Sauce <b>BOTH w/</b> Wild Rice & Carrots	<b>16. CLAM CHOWDER</b> White Chicken Chili w/ Corn Muffin & Fresh Fruit <b>OR</b> Beef Brisket Sandwich w/ Coleslaw & German Potato Salad	<b>17. ROASTED RED PEPPER &amp; TOMATO</b> Breaded Fish w/ Cheese & Three Bean Salad <b>OR</b> Pulled Chicken Salad w/ Tortilla Chips & Pears	<b>18. CHICKEN WILD RICE</b> Hamburger w/ Baked Beans <b>OR</b> Cottage Cheese Fruit Plate w/ Muffin
<b>19. ITALIAN WEDDING</b> Cherry Glazed Ham w/ Carmelized Butternut Squash <b>OR</b> Belgian Waffle w/ Scrambled Eggs <b>BOTH w/</b> Peaches	<b>20. PASTA FAJOLI</b> Baked Chicken Parmesan Marinara w/ Penne Pasta <b>OR</b> Egg Salad Sandwich <b>BOTH w/</b> Fresh Fruit	<b>21. SPINACH &amp; SAUSAGE</b> Beef Stroganoff <b>OR</b> Lemon Pepper Tilapia <b>BOTH w/</b> Buttered Noodles & Carrots	<b>22. CHICKEN TORTILLA</b> Maple Dijon Chicken w/ Baby Bakers <b>OR</b> Beef Enchiladas w/ Toppings <b>BOTH w/</b> Buttered Corn	<b>23. CHICKEN W/ DILL</b> BBQ Pulled Pork Sandwich w/ Coleslaw <b>OR</b> Cobb Salad w/ Muffin	<b>24. SQUASH</b> Seasoned Cod w/ Baked Potato <b>OR</b> Hot Dog w/ Baked Beans <b>BOTH w/</b> Carrot Raisin Salad	<b>25. TOMATO BASIL</b> Teriyaki Pork Stir Fry w/ Brown Rice <b>OR</b> Grilled Cheese Sandwich <b>BOTH w/</b> Mandarin Oranges
<b>26. SPLIT PEA &amp; HAM</b> Roast Turkey w/ Diced Sweet Potatoes & Broccoli <b>OR</b> Biscuits & Sausage Gravy w/ Scrambled Eggs & Fresh Fruit	<b>27. CORN CHOWDER</b> Chicken & Dumplings <b>OR</b> Bratwurst w/ Sauerkraut <b>BOTH w/</b> Diced Beets	<b>28. CHICKEN GUMBO</b> Meatloaf w/ Mashed Potatoes & Diced Carrots <b>OR</b> Turkey Waldorf Salad w/ Fresh Fruit	<b>29. ROASTED RED PEPPER &amp; TOMATO</b> Beef Tips w/ Gravy <b>OR</b> Mushroom Pork Loin <b>BOTH w/</b> Mashed Potatoes & Roasted Zucchini	<b>30. CHICKEN WILD RICE</b> Swedish Meatballs w/ Herb Buttered Noodles & Veggies <b>OR</b> Egg & Cheese Croissant w/ Fresh Fruit	<b>31. GARDEN VEGETABLE</b> Asian Ginger Salmon w/ Brown Rice Pilaf <b>OR</b> Sloppy Joe <b>BOTH w/</b> Green Beans & Tomatoes	

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