



MARCH LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef & Turkey Meatloaf with Mushroom Gravy Green Bean Sautee Mashed Potatoes	3 Pernil (Roasted Pork Shoulder) Rice and Beans Collard Greens	4 Vegetarian Chili Corn Muffin Baked Potatoes Mixed Green Salad	5 Cranberry Chicken Roasted Brussel Sprouts Butternut Squash	6 Baked Fish Fillets Cous Cous Steamed Broccoli
9 Beef and Broccoli Chinese Style Spaghetti Oriental Blend Vegetables	10 Black Bean and Sweet Potato Chili Brown Rice Mixed Green Salad Sauteed Onions and Peppers	11 Turkey Burger with Cheese Cabbage Carrot Slaw Homemade Mashed Potatoes	12 Beef Meatballs in Tomato Sauce Spaghetti Sauteed Spinach	13 Broccoli Cheese Quesadilla Corn and Red Peppers Mixed Green Salad
16 Baked Chicken Quarters Baked Sweet Potato Roasted Zucchini	17 Vegetable Baked Ziti with Whole Wheat Pasta Mixed Green Salad Sauteed String Beans	18 Italian Roasted Pork Tenderloin Baby Carrots with Parsley Baked Red Potato Wedges	19 Vegetable Soup Beef Stroganoff with Noodles Steamed Broccoli	20 Baked Breaded Fish Brown Rice with Mushrooms Sauteed Spinach
23 Grilled Chicken Breast Cous Cous Brussel Sprouts and Kale Saute	24 Salisbury Steak with Brown Gravy Homemade Mashed Potatoes Sauteed String Beans	25 Baked Turkey Breast Braised Red Cabbage with Apples Sweet Baked Yams	26 Minnestrone Soup Pork Spare Ribs. Red Potatoes Winter Blend Vegetables	27 Apricot Glazed Salmon Egg Barley with Mushrooms Sauteed Zucchini
30 Vegetable Baked Ziti with Whole Wheat Pasta Mixed Green Salad Sauteed String Beans	31 Cranberry Chicken Roasted Brussel Sprouts Butternut Squash	Recommended donation is \$1.25 per meal.	Vegetarian options available with one week notice. See Matt.	All meals are served with fruit, juice and 1% milk.