

March 2019

LUNCH Menu – LOADS: LG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked fish w/roasted red bell pepper sauce, whole wheat pasta, garlic spinach, onions, fresh apple
4 Pork fried rice, brown rice, green peas & carrots, oriental blend vegetables, fresh apple	5 Mediterranean style chicken, whole wheat roll, roasted red potatoes, spinach salad, fresh fruit	6 Spaghetti & Meatballs, whole wheat pasta, diced carrots, garlic green beans, Fresh Orange	7 Baked fish w/Dill sauce, brown rice pilaf, Malibu blend vegetables, fresh coleslaw w/shredded carrots, oranges	8 Cheese Enchilada, corn tortilla, fiesta blend vegetables, golden corn, fresh bananas
11 BBQ Chicken, whole wheat breadstick, California blend vegetables, fresh potato salad, pineapple tidbits	12 Beef & Turkey meatloaf, Minestrone soup, whole wheat roll, mashed potatoes, glazed carrots, oranges	13 Fish w/Soy sauce, ginger, scallions, brown rice, oriental stir fry vegetables, fresh Asian slaw w/ carrots, apple	14 Chicken w/paprika cream sauce, whole wheat pasta, zucchini, spinach salad, fresh bananas	15 Corned Beef, whole wheat roll, boiled red potatoes, steamed cabbage, carrots, lime gelatin w/fresh fruit
18 Beef & Turkey Shepherd's pie, whole wheat roll, potatoes, peas, carrots, red bell pepper, fresh fruit	19 Roast Pork w/apple berry sauce, potato & leek soup, whole wheat breadstick, garlic green beans, peaches	20 Chicken chop suey, brown rice, bell pepper, onions, mushrooms, water chestnuts, fresh orange	21 Beef chile Colorado, corn tortilla, pinto beans, fresh fiesta slaw, fresh banana	22 Italian fish, wild rice, Italian blend vegetables, garden salad w/shredded carrots, oranges
25 Beef burgundy, whole wheat breadstick, mashed potatoes, broccoli florets, fresh fruit	26 Chicken pastina, whole wheat pasta, green peas, carrots, garden salad, fresh oranges	27 BBQ pulled pork sandwich, whole wheat hamburger bun, golden corn, fresh coleslaw w/carrots, bananas	28 Oriental Shoyu Chicken, Asian vegetable soup, brown rice, oriental blend stir fry vegetables, fresh fruit	29 Broccoli & Cheese frittata, whole wheat bread, garlic spinach, onions, roasted red potatoes, fruited gelatin w/tropical fruit

ALL INDIVIDUALS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY.