

Monday	Tuesday	Wednesday	Thursday	Friday
March 2023 Regular Menu				1 Lent Two Compartment National Nutrition Month 10oz Bean and Vegetable Stew 1/2 cup Quinoa 1pc Cookie 1pc Biscuit
4 Two Compartment American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Zucchini 1pc WW Garlic Roll ½ cup mandarins	5 4oz Baked Cod 1oz Crumb Topping ½ cup Pearled Couscous ½ cup Brussels Sprouts Cong: Spinach Salad to replace Brussels Spouts 1pc Oat Bread 1pc Cookie 1pc Lemon Packet 1 pc Raisins	6 3pc Chicken Strips 2oz Honey Garlic Sauce ½ cup Brown Rice ½ cup Capri Veg 1pc Vienna Bread 1pc Fresh Fruit	7 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce 1pc Cranberry Sauce	8 Lent Two Compartment 1pc Broccoli & Cheese Egg Bake 1pc Roasted Potatoes 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup
11 3 oz Chicken Meatballs 2 oz Sweet and Sour Sauce ½ cup Fried Rice ½ cup Mandarin Vegetables 1 slice MG bread ½ cup Chocolate Pudding	12 Two Compartment 3oz Grilled Chicken 4oz Piccata sauce ½ cup WW spaghetti ½ cup Green Beans 1pc Dinner Roll ½ cup Mandarins	13 Special: 3oz Corned Beef with 2oz Au Jus on top of 1pc wedged cabbage 4oz Cubed Carrot & turnip 4oz Steamed Potatoes & parsley 1pc Crème De Menthe Bar 1pc Marble Rye	14 3oz Pulled Pork 2oz BBQ sauce ½ cup Sweet Potato Tots Cong: Sweet potato soup to replace Sweet Potato tots ½ cup Corn & Red Peppers 1pc Burger Bun ½ cup canned fruit No Margarine	15 Lent Two Compartment 10 oz macaroni and cheese ½ cup Peas 1 slice Oat Bread 1pc Fresh Orange
18 3 oz Breaded Chicken 2 oz Country Gravy ½ cup Sweet Potatoes ½ cup Creamed Spinach 1 slice Vienna Bread ½ cup applesauce	19 Two Compartment 3oz Ravioli 4 oz Marinara Sauce ½ c Zucchini & Summer Squash 1 pc WW Bread ½ cup mandarins 1pc parmesan	20 3oz Roasted Pork 2oz brown sugar glaze 4oz Mashed Butternut ½ cup Bread Pudding 1pc WW Dinner Roll ½ cup Garden Salad 1pc Menu Magic Dressing 1 packet Raisins	21 3oz Salisbury Steak 2oz mushroom Gravy ½ cup Garlic Mashed Potatoes ½ cup mixed Vegetables 1pc Cornbread ½ cup Canned Fruit	22 Lent 3oz Salmon 2oz Garlic & Herb Cream Sauce ½ cup Brown Rice ½ cup Brussels Sprouts 1pc MG Bread 1pc Gelatin
25 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Scalloped Potatoes 1pc LS Wheat Bread ½ cup Pineapple	26 1 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	27 Two Compartment Cold: Cobb Salad 1 oz diced Turkey .5 oz HC Egg 1 oz cheese .5 oz imitation bacon 1 cup Garden Salad w Tomato 1 Pkt Salad Dressing 1 Pkt Cranberries 1/2c Corn Salad Congregate: Corn Chowder to replace corn Salad 1/2 Pita bread ½ cup Yogurt 1pc Juice (no milk) No Margarine	28 Lent Ends: Birthday Two Compartment Chicken pot pie (diced chicken) 3oz chicken ½ puff Pastry ½ cup peas and carrots 3oz sauce ½ cup Mashed potato 1pc Oat Bread 1pc Birthday Cake	29 Good Friday Birthday Two Compartment 1 pc Lasagna 4 oz Spinach Alfredo Sauce ½ cup Zucchini & Summer Squash 1pc WW Dinner Roll 1 pkt Parmesan cheese 1pc Fresh Fruit