

## Friday, March 1

- **Fish & Chips**
- Roasted Sweet Potatoes
- Coleslaw
- Fresh Fruit

## Monday, March 4

- **Turkey or Tofu Stir Fry**
- Brown Rice
- Assorted Stir Fry Veggies
- Poached Pear

## Tuesday, March 5

- **Meat Loaf**
- Penne Pasta
- Mashed Potatoes
- Cantaloupe

## Wednesday, March 6

- **Caribbean Chicken**
- Brown Rice Pilaf
- Broccoli
- Fruit in Season

## Thursday, March 7

- **Fish Taco**
- Pinto Beans
- Corn
- Fresh Fruit

## Friday, March 8

- **Beef Bolognese**
- Penne Pasta
- Caesar Salad
- Fruit Cup

## Monday, March 11

- **Southwest Shredded Chicken**
- Pinto Beans
- Spinach w/Kale Salad
- Fresh Peaches

## Tuesday, March 12

- **Shepherd's Pie w/Mashed**
- Potatoes
- Carrots
- Corn
- Kiwi

## Wednesday, March 13

- **Baked Fish Almandine**
- Barley
- Green Beans
- Fresh Fruit

## Thursday, March 14

- **Chicken Adobo**
- Brown Rice
- Green Peas
- Pineapple & Mango Fruit Cup

## Friday, March 15

- **Garden Vegetable Lasagna**
- Broccoli
- Caesar Salad
- Cantaloupe or Orange

## Monday, March 18

- **Baked Fish**
- Mixed Vegetable Blend
- Brown Rice
- Cinnamon Applesauce

## Tuesday, March 19

- **Cashew Chicken**
- Lo Mein Noodles
- Green Peas
- Fresh Fruit

## Wednesday, March 20

- **Enchilada Casserole**
- Pinto Beans
- Zucchini
- Mango & Pineapple Cup

## Thursday, March 21

- **Hungarian Goulash**
- Elbow Macaroni
- Brussels Sprouts
- Fresh Orange

## Friday, March 22

- **Hot Turkey Sandwich**
- Mashed Potatoes
- Spinach Salad
- Orange Juice

## Monday, March 25

- **BBQ Chicken**
- Pasta
- Corn
- Mango & Pineapple Fruit Cup

## Tuesday, March 26

- **Salmon w/Dill Sauce**
- Sweet Potato
- Coleslaw
- Cinnamon Applesauce

## Wednesday, March 27

- **Asian Beef Stir Fry**
- Brown Rice
- Mixed Asian Veggies
- Fresh Fruit

## Thursday, March 28

- **Vegetarian Chili & Barley**
- Green Beans
- Corn Bread
- Banana

## Friday, March 29

- **Chicken Milanese**
- Cauliflower & Zucchini
- Caesar Salad
- Seasonal Fruit

▪ Menu subject to change  
▪ \$3 suggested donation

