

Monday, March 2

- **Orange Chicken**
- Garlic Zucchini
- Cantaloupe
- Brown Rice

Tuesday, March 3

- **Beef Stir-Fry**
- Broccoli
- Orange
- Wholegrain Noodles

Wednesday, March 4

- **Baked Chicken**
- White Beans
- Baked Yams
- Fruit

Thursday, March 5

- **Fish Almandine**
- Garlic Spinach
- Pineapple & Papaya
- Quinoa

Friday, March 6

- **Harissa Chickpeas**
- Kale, Onions & Bell Peppers
- Honeydew Melon
- Wholegrain Pita

Monday, March 9

- **Beef Fajitas**
- Corn
- Green Beans
- Wholegrain Tortilla

Tuesday, March 10

- **Chicken Chile Verde**
- Pinto Beans
- Cantaloupe
- Brown Rice

Wednesday, March 11

- **Fish Piccata**
- Sautéed Bell Peppers
- Pineapple & Papaya
- Wholegrain Pasta

Thursday, March 12

- **Beef Stew**
- Garlic Kale
- Honeydew Melon
- Brown Rice

Friday, March 13

- **Poblano Chicken**
- Green Beans
- Orange
- Whole Grain Pasta

Monday, March 16

- **Chicken Tikka Masala**
- Roasted Eggplant
- Cantaloupe
- Brown Rice

Tuesday, March 17

- **Corned Beef**
- Braised Cabbage
- Potato & Carrots
- Orange

Wednesday, March 18

- **Lemon Glazed Fish**
- Sweet Potato Mash
- Pineapple & Papaya
- Quinoa

Thursday, March 19

- **Chicken Primavera**
- Green Peas
- Tangerine
- Whole Grain Pasta

Friday, March 20

- **Beef Chile Colorado**
- Black Beans
- Zucchini
- Kiwi

Monday, March 23

- **Fish w/ Garlic Sauce**
- Spinach
- Orange
- Quinoa

Tuesday, March 24

- **Carne Asad**
- Refried Beans
- Chayote w/ Onions & Tomatoes
- Kiwi

Wednesday, March 25

- **Sesame Chicken**
- Parsnips
- Bamboo Shoots
- Cantaloupe

Thursday, March 26

- **Meatloaf**
- Vegetable Medley
- Mashed Potatoes
- Dinner Roll

Friday, March 27

- **Chicken Pesto**
- Carrots
- Honeydew Melon
- Wholegrain Pasta

Monday, March 30

- **Pepper Steak**
- Green Beans, Mushrooms
- Bok Choy
- Pineapple & Papaya

Tuesday, March 31

CLOSED FOR HOLIDAY

- Menu subject to change
- \$3 suggested donation

