

**March 2023
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		March 1 Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Pudding	March 2 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c. Mixed Vegetables 1 Dinner Roll 1/2c Gelatin	March 3 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c. Fruit Cocktail
March 6 Glazed Ham w/ Raisin Sauce 1/2c Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie	March 7 BIRTHDAY CAKE! Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2c Noodles 1 Breadstick	March 8 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Wax Beans 1 Wheat Bread Seasonal Fresh Fruit	March 9 Cheese Lasagna Rollup w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Italian Bread Fresh Fruit	March 10 Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Potato Salad 1/2c Beets 2 Wheat Bread 1/2c Sliced Peaches
March 13 We will be serving Bag Lunches Today Italian Sandwich Ham Salami & Provolone Lettuce & Tomato Coleslaw, Potato Salad Fresh Fruit Milk	March 14 Chicken Alfredo 1/2c Noodles 1/2c Carrots 1 White Bread	March 15 Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	March 16 Happy St. Patrick's Day 3/4c Corned Beef & Cabbage 1/2c Boiled Potatoes w/ Chives 1/2c Green Beans Dinner Roll 1/2c Pistachio Pudding	March 17 We will be serving Bag Lunches Today Tuna Salad on Wheat Roll Fruit Juice Cucumber Salad Cookie Milk
March 20 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Mixed Vegetables 1 Italian Breadstick 1/2c Mandarin Oranges	March 21 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Fruited Gelatin	March 22 Pepper Steak w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	March 23 Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Fresh Seasonal Fruit Cookie	March 24 Potato Crusted Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Wheat Bread Fresh Fruit
March 27 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread Fresh Orange	March 28 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	March 29 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	March 30 Penne & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	March 31 Breaded Fish Sandwich w/ Cheese & Lettuce 1/2c Mixed Vegetables 1/2c. Garlic Noodles WG Sandwich Roll 1/2c. Peaches

*** All meals are subject to change ***
*** Served daily: Milk and Margarine