

MARCH 2024



CALL 925-646-2598 BY NOON
AT LEAST ONE BUSINESS DAY
IN ADVANCE TO RESERVE A MEAL!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				3/1 Harvest Pork Stew C Winter Vegetables Tossed Salad w/Dressing Whole Wheat Roll w/Butter Seasonal Fresh Fruit
3/4 Beef Cabbage Bake Lentil Soup w/Whole Grain Crackers <u>Mixed Vegetables</u> C Cinnamon Applesauce	3/5 + Seafood Louie Salad w/Mock Crab and 1000 Island Dressing Split Pea Soup Whole Wheat Roll w/Butter C Tropical Fruit	3/6 Fiesta Chicken Thigh Pinto Beans Tortilla Tossed Salad w/Dressing C Mandarin Oranges	3/7 Pork Piccata C <u>Yams</u> Green Beans Whole Wheat Roll w/Butter Seasonal Fresh Fruit	3/8 Turkey Coconut Curry <u>Spinach</u> Stewed Tomatoes Brown Rice C Fresh Orange Cookie
3/11 Turkey Burger w/Ketchup, Mustard, and Mayonnaise Cannellini Bean Soup <u>Scandinavian Vegetables</u> Whole Wheat Burger Bun C Fresh Orange	3/12 Orange Glazed Chicken Thigh Bok Choy Soup Asian Vegetables Confetti Brown Rice C Juice Cookie	3/13 Pork Chili Verde over Brown Rice C California Vegetables Whole Kernel Corn Seasonal Fresh Fruit	3/14 Salisbury Steak w/Onion Gravy C Mashed Potatoes <u>Bean Medley</u> Whole Wheat Roll w/Butter Gelatin w/Mixed Fruit	3/15 Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on WW Bread Tomato Basil Soup <u>Carrot Raisin Salad</u> C Citrus Fruit
3/18 ST. PATRICK'S DAY Corned Beef w/Cabbage, Potatoes, and Carrots Casserole Succotash Cornbread w/Butter C Juice Green Poke Cake	3/19 Sweet & Sour Pork over Brown Rice Green Beans <u>Carrots</u> C Mandarin Oranges	3/20 Breaded Fish Sandwich w/Cheese, Lettuce, and Tartar Sauce Potato Leek Soup C Creamy Coleslaw w/ <u>Carrots</u> Whole Wheat Bun Seasonal Fresh Fruit	3/21 Turkey Shepherd's Pie w/Mashed Potatoes <u>Italian Vegetables</u> Whole Wheat Roll w/Butter C Juice Pudding	3/22 Chicken Mole over Brown Rice Pinto Beans Green Salad w/Dressing C Tropical Fruit
3/25 Sesame Pork Vegetable Orzo Soup C Asian Coleslaw Confetti Brown Rice Seasonal Fresh Fruit Cookie	3/26 Cheeseburger w/Lettuce, Tomato, Onion, Mayo, Mustard, Ketchup on a Bun Potato Nuggets C Broccoli Seasonal Fresh Fruit	3/27 Turkey Bolognese over Whole Grain Spaghetti Butternut Squash Soup C Fiesta Vegetables <u>Carrot Raisin Salad</u> Seasonal Fresh Fruit	3/28 Roasted Chicken w/Gravy C Mashed Potatoes <u>Mixed Vegetables</u> Roll w/Butter Gelatin w/Pears C	3/29 GOOD FRIDAY Crab Cakes w/Remoulade Sauce Scalloped Potatoes <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter C Citrus Fruit

All meals served with
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(CHICKEN WALDORF).

— Vitamin A
C Vitamin C

+ Higher in sodium