



Happy
St. Patrick's
Day



Women's
History
Month



FRIENDSHIP
CAFE



MARCH is
DEVELOPMENTAL
DISABILITIES
AWARENESS MONTH



MARCH MENU - Wake the Truck Up

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/27	3/28	3/1 & 3/29	3/2 & 3/30	3/3 & 3/31
Roast beef & cheddar on multigrain; cucumber & tomato dill salad; peaches	Teriyaki chicken w/ white rice & vegetables; stewed tomato & chickpea salad; oranges	Vegetable curry w/ chickpeas, spinach & vegetables; brown rice & quinoa; fruit medley	Chicken tetrazzini spaghetti w/ peas; raisin oatmeal muffin	Shrimp & grits; stewed tomatoes; green beans; cornbread; oat & orange parfait
3/6	3/7	3/8	3/9	3/10
Chicken chili mac w/ beans & vegetables; roasted sweet potato w/ cinnamon sugar; crushed	Salisbury steak w/ creamed potato; brussels sprout; sliced apple; roll	Spinach & barley stuffed cheese shells w/ marinara sauce; roasted vegetables, garlic bread	Baked chicken w/ stuffing; roasted vegetables; green beans; wheat roll	Cheeseburger on multigrain bread w/ lettuce, tomato, onion & pickle; potato salad; applesauce
3/13	3/14	3/15	3/16	3/17
3 bean & vegetable chili w/ garlic bread; apples	Sweet & sour chicken; lentil & jasmine rice; chinese vegetable mix; pineapple	Swedish meatballs & dill; buttered garlic pasta & peas; apple muffin	Chicken parmesan w/ roasted vegetables; cauliflower mash; bean & vegetable salad; wheat roll	Meatloaf w/ roasted potato; green beans; strawberry oat muffin
3/20	3/21	3/22	3/23	3/24
Chicken salad on multigrain bread; vegetable pasta salad; sliced apple	Beef stroganoff; garden rice with vegetables; blueberry oat muffin	Vegetable & navy bean soup w/ tofu; cheddar bread; fresh strawberries	Shepards pie w/ vegetables & mashed potatoes; roasted corn; pineapple; yogurt & oats	Baked turkey w/ stuffing & roasted vegetables; yams; fruit medley

***** Items containing seafood are printed in red *****

You MUST reserve your meal in the kiosk