

Nutrition Menu

March 2019

Mon	Tue	Wed	Thu	Fri
4 A- Sausage B- Chicken Breast Penne Pasta Spring Vegetables Bun Fresh fruit	5 A- Cranberry Dijon Chicken B- Creole Beef Patty Sweet Potato Broccoli Bread	6 <u>Ash Wednesday</u> A- Mac & Cheese B- Beef Macaroni Green Beans Carrots Texas Bread Fresh Fruit	7 A- Chicken Noodle Casserole B- Beef/Bow Tie Cass Corn Green Beans Roll Fresh Fruit	8 A- Sausage Patty B- Broccoli Spinach Egg Bake Orange Juice Biscuit Apple Raisin Compote
11 A- Veal Marsala B- Honey Mustard Chicken Whipped Potatoes Peas and Red Peppers Multi grain bread Applesauce	12 A- BBQ Chicken B- Beef Patty Crispy Potatoes Green Beans Hamburger Bun Fresh Fruit	13 A- Beef Stroganoff B- Lemon Pepper Chicken Broccoli & Cauliflower Peach cobbler Multi Grain bread	14 <u>St Patrick's Day</u> A- Chicken Thigh B- Corned Beef w/cabbage Red Potatoes Carrots Rye Bread Cherry Whip	15 A- Mushroom Chicken B- Mac & Cheese Stewed tomatoes Mix Vegetables Wheat Bread Fresh Fruit
18 A- Meatloaf/gravy B- Pineapple Chicken Whipped potatoes Green beans Roll Fresh Fruit	19 A- Chicken Rice Cass B- Creole Beef Carrots Broccoli Multi Grain bread Fresh Fruit	20 A- Pork Supreme B- Turkey Supreme Garden Rotini Green/Red Cabbage Wheat roll Pineapple tidbits	21 A- Fried Chicken Patty B- Ham/white beans Sweet Potatoes Mixed vegetables Multi Grain bread Mandarin oranges	22 A- Beef Fiesta Mac B- Chilaquiles Cass Spinach Stewed tomatoes Roll Birthday Cake
25 A- Lemon Pepper Chicken B- Teriyaki Meatballs Parslied Potatoes Brussels Sprouts Wheat bread Fresh Fruit	26 A- Cranberry Dijon Chicken B- Calypso Pork Au Gratin Rotini Mixed vegetables Wheat bread Fruit Cocktail	27 A- Beef Chili B- BBQ Chicken Baked potato Green Peas Breadstick Pears	28 A- Turkey/gravy B- Salisbury Patty Country Potatoes Capri vegetables Wheat roll Fresh fruit	29 A- Beef Bowtie Cass B- Pasta Primavera Green beans Carrots Garlic bread Oatmeal cookie
			Write your choice of menu option <u>A or B</u> on sign up sheet	Call <u>419-242-9511</u> 24 hrs. in advance to make a reservation