



CONGREGATE MEAL MENU - March 2023

		March 1 Springs w/Meatballs & Sauce Italian Green Beans Italian Bread Banana	March 2 Chicken Breast w/ Lemon Cream Sauce Gourmet Potatoes Peas w/Pearl Onions Honey Wheat Bread Orange	March 3 Lemon Pepper Cod Macaroni & Cheese Stewed Tomatoes Honey Wheat Bread Fuji Apple
March 6 Cowboy Hamburger Baked Beans Sauteed Mushrooms & Onions Whole Wheat Bun Tangerine	March 7 Creole Beef w/Tomato & Onion Sauce Barley Broccoli &  Cauliflower Florets Italian Bread Peaches Little Debbie Boston Crème Roll	March 8 Cabbage Roll Whipped Potatoes Carrot Coins w/Parsley Whole Wheat Bread Fruit Cocktail	March 9 Chicken Breast w/Gravy Potatoes w/Chives & Parsley Midori Blend Multi-Grain Bread Strawberry Fruit & Grain Bar	March 10 4-Cheese Ziti Summer Squash & Yellow Beans 12 Grain Bread Banana
March 13 White Turkey Chili Cooked Baby Carrots Brown Rice Italian Bread Pineapple & Mandarin Oranges	March 14 Open Face Meatloaf Sandwich w/Gravy Roasted Potatoes Cauliflower, Carrot Coins & Red Peppers 12 Grain Bread Tropical Fruit Mix	March 15 Chicken Divan w/Egg Noodles Broccoli Spears Whole Wheat Dinner Roll	March 16 Corned Beef Cabbage w/Caraway Seeds Whipped Horseradish Potatoes Dark Rye Bread Sugar Cookies	March 17 Tuna Noodle Casserole w/Peas Stewed Tomatoes Honey Wheat Bread Banana
March 20 Beef Tips w/Gravy Barley Orange Glazed Carrots Whole Wheat Bread Pineapple	March 21 Turkey Breast w/Gravy & Stuffing Cranberry Sauce Broccoli Pears Fig Newtons	March 22 Stuffed Pepper Garlic Whipped Potatoes Yellow Beans Italian Bread Apple	March 23 Pork Loin w/Mustard Glaze Yams w/Brown Sugar & Margarine Brussels Sprouts Dinner Roll Applesauce	March 24 Baked Cod w/Dill Sauce Au Gratin Potatoes French Cut Green Beans Multi-Grain Bread Orange Fruit & Grain Bar
March 27 Beef Meatballs w/Teriyaki Sauce Scalloped Potatoes Broccoli Dinner Roll Apricots	March 28 Chicken Patty w/Mozzarella Cheese & Marinara Peas w/Pearl Onions Italian Bread Tangerine	March 29 Stuffed Cabbage Garlic Whipped Potatoes Carrot Coins Wheat Bread Peach Cuts	March 30 Roast Beef w/Gravy Brown Rice Beets Multi-Grain Bread Orange Graham Crackers	March 31 4-Cheese Ziti w/Marinara Sauce Cooked Spinach Rye Bread Banana

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency. **In particular, there is a current shortage of turkey products; those meals may need to be substituted with chicken when necessary.**

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.

