

March 2023 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
<u>Meat Substitute Meal</u> Grilled Chicken Tenders Broccoli Yellow Squash Roll Fruited Gelatin Fruit	<u>Veggie Substitute Meal</u> Great Northern Beans Broccoli Yellow Squash Roll Fruited Gelatin Fruit	1 Baked Spaghetti Green Beans Corn Broccoli Salad Pineapple Tidbits Brownie	2 Hamburger Patty Oven Roasted Potatoes Baked Beans Hamburger Bun/Mustard/Ketchup Coleslaw Sliced Oranges	3 Chicken Pan Pie Carrots Green Peas Sliced Pears Waldorf Salad Vanilla Wafers
6 Chicken Ranch Casserole Lima Beans Stewed Apples Cucumber Salad Fruit Cookie	7 Sliced Ham w/ Glaze Cabbage Corn Roll Potato Salad Fruit	8 Meatloaf Mashed Potatoes w/ Gravy Broccoli Roll Pea Salad Fruit	9 BBQ Chicken Tenders Squash Medley Green Peas Broccoli Cauliflower Salad Vanilla Cake Tropical Fruit Salad	10 Beef Pepper Steak w/ Gravy Rice Stewed Tomatoes Roll Three Bean Salad Fruit
13 Baked Ziti w/ Meat Sauce Mixed Vegetables Green Beans Sliced Cucumbers & Ranch Dressing Congealed Salad w/ Peaches Mandarin Oranges	14 Beef Pot Roast w/ Gravy Mashed Potatoes Vegetable Medley Cornbread Muffin Congealed Salad w/ Pears Sliced Oranges	15 Pinto Beans Collard Greens Mac & Cheese Cornbread Muffin Marinated Cucumbers Cookie	16 Pork Loin w/ Mustard Glaze Green Beans Cinnamon Apples Roll Peaches Charleston Caviar Salad	17 Beef Goulash Cabbage Hot Cinnamon Peaches Watergate Salad Macaroni Salad Fruit  
20 Chicken & Dumplings Turnip Greens Lima Beans Waldorf Salad Mixed Vegetable Salad Fruit	21 Country Style Steak Carrots Green Beans Pineapple Tidbits Pea Salad Cookie	22 Hawaiian Chicken Tenders Squash Casserole Green Peas Broccoli Cauliflower Salad Chocolate Cake Tropical Fruit Salad	23 Hamburger Baked Beans Baked Okra Bun / Ketchup / Mustard Fruit Fluff Tomato Slice & Lettuce	24 Chicken Parmesan Spinach Cabbage Cucumber Salad Yellow Cake Peaches
27 Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Fruit Pears	28 Beef Stroganoff w/ Egg Noodles Cabbage Carrots Fruit Fluff Mandarin Oranges Cookie	29 Shepherd's Pie Stewed Tomatoes Corn Broccoli Salad Fruit Brownie	30 Fish w/ Lemon Butter over Rice Spinach Broccoli Coleslaw Pickled Beets Fruit	31 Chicken Marsala Squash Medley Oven Roasted Potatoes Roll Marinated Tomato Salad Fruit