

MARCH MEAL CALENDAR 2023

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In Person Breakfast Monday – Friday 9:00 AM – 10:00 AM 2nd FL. Dining Room Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*		1 Salmon Egg Frittata with Potatoes and Peas Mini WW Bagel Toasted Oats Cereal Fruit, Juice and Milk	2 Cinnamon French Toast Turkey Bacon Farina Fruit, Juice and Milk	3 Cheese Blintzes Turkey Bacon Oatmeal (1/2 cup) Pineapple Waldorf Salad Juice and Milk
6 Ham and Cheese Frittata Mini Croissant Oatmeal Fruit, Juice and Milk	7 Waffles Turkey Sausage Patty Oatmeal Fruit, Juice and Milk	8 Eggs Benedict Home Fries with Peppers and Onions Toasty O’s Cereal Fruit, Juice and Milk	9 House Made Pancakes Pork Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	10 Hard Boiled Eggs Mini Croissant Turkey Bacon Fruit, Juice and Milk
13 Home Fries Scrambled Eggs with Swiss Oatmeal WW Bread Fruit, Juice and Milk	14 Grilled Mozzarella and Tomato WW Sandwich Bran Flakes Cereal Fruit, Juice and Milk	15 Farmers Market Individual Omelets Home Fries Mini Croissant Farina Fruit, Juice and Milk	16 Shakshuka Home Fries Original Life Cereal Plain Pita Fruit, Juice and Milk	17 Cinnamon French Toast Turkey Bacon Farina Fruit, Juice and Milk
20 Scrambled Eggs with Swiss Home Fries with Peppers and Onions WW Bread Fruit, Juice and Milk	21 Waffles Pancakes Pork Sausage Link Oatmeal Fruit, Juice and Milk	22 Eggs Benedict Home Fries with Peppers and Onions Original Life Cereal Fruit, Juice and Milk	23 Pancakes Turkey Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	24 Grilled Cheese Sliced Tomatoes Turkey Bacon Oatmeal Fruit, Juice and Milk
27 Egg a la Mexicana Bran Flakes Cereal Whole Wheat Tortilla Fruit, Juice and Milk	28 Turkey Sausage Patty Waffles Oatmeal Fruit, Juice and Milk	29 Shakshuka Home Fries Plain Pita Fruit, Juice and Milk	30 Cinnamon French Toast Pork Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	31 Western Frittata English Muffin Oatmeal Fruit, Juice and Milk

MARCH MEAL CALENDAR 2023

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In Person Lunch Monday – Friday 12:00 PM – 1:00 PM 2nd FL. Dining Room Seating starts @11:30AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30 PM*		1 Minestrone Soup Fresh Cheese Manicotti Garlic Bread Arugula Salad Sautéed Green Beans with Onions Fruit and Milk	2 Beef Meatloaf & Gravy WW Dinner Roll Mashed Potatoes Peas and Carrots Fruit and Milk	3 Mango-licious Fish Brown Rice California Blend Vegetables Fruit and Milk
6 Veggie Burger WW Hamburger Bun Beet, Arugula, and Feta Salad Warm Potato Salad Fruit and Milk	7 Egg Drop Soup Garlic Beef Meatballs Yellow Rice Asian Cabbage with Eggs Fruit and Milk	8 Split Pea Soup Pork Roast with Mango Chutney Black Beans and Rice Yellow Plantains Fruit and Milk	9 Chicken Chasseur Garlic Mashed Potatoes Dinner Roll Baby Spinach Salad with Lemon Vinaigrette Fruit and Milk	10 Apricot Glazed Salmon Veggie Rice Beet Salad with Yogurt Dressing Fruit and Milk
13 Lentil Soup Fish Fillet Sandwich WW Hamburger Bun Mixed Green Salad Baked French Fries Fruit and Milk	14 Spanish Style Baked Fish Spanish Rice Steamed Yellow Squash Fruit and Milk	15 Three Bean Chili with Cheddar Cheese Brown Rice Cornbread Steamed Cauliflower Fruit and Milk	16 Escarole and White Bean Soup Chicken Parmesan Garlic Bread Roasted Broccoli Fruit and Milk	17 Baked Salmon with Cilantro Citrus Sauce Challah Bread Baked Sweet Potato Cali Blend Veggies Fruit and Milk
20 Chicken Barley Soup Beaded Fish Challah Bread Baked Potato Wedges Sautéed Green Beans with Onions Fruit and Milk	21 Baked Mushroom Chicken WW Dinner Roll Broccoli and Red Peppers Cauliflower and Potato Mash Fruit and Milk	22 Butternut Squash Soup Vegetable Lasagna Garlic Bread California Blend Vegetables Fruit and Milk	23 BBQ Pork Chops WW Dinner Roll Baked Macaroni and Cheese Braised Collard Greens Fruit and Milk	24 Ginger and Lime Salmon Quinoa Baby Spinach Salad with Lemon Vinaigrette Fruit and Milk
27 Vegetarian Chili Cornbread Mixed Green Salad Banana 1% Low Fat Milk	28 Lentil Soup Grilled Chicken Breast with Fresh Tomato and Feta Plain Pita Baked Potato Wedges Beet Salad with Yogurt Dressing Fruit and Milk	29 Beef Hamburger WW Bun Health Slaw Potato Salad Fruit and Milk	30 Egg Drop Soup Sweet and Sour Pork Chop Rice with Vegetables Broccoli with Toasted Garlic Fruit and Milk	31 Salmon in Garlic Butter Sauce WW Dinner Roll Potato Pancake Steamed Peas and Carrots Applesauce Milk