Nutrition Group			March 2022 Congregate Meal Menu				*menu subject to change	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	
		Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail	March 1	Ash Wednesday Crab Cake Slider 1/2c Parmesan Noodles 1/2c Baked Beans Dinner Roll 1/2c Mandarin Oranges	March 2	March	3 FROZEN Meal	March 4
	March 7		March 8		March 9	March 1	0	March 11
Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes Hot Dog Roll 1/2c Sliced Apples		Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Mac Salad 2 Wheat Bread 1/2c Sliced Peaches		Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots Dinner Roll Cookie		FROZEN Meal	FROZEN Meal	
	March 14	Happy St Patrick's Day!	15		March 16	March 1	7	March 18
Roasted Pork w/ Apples 1/2c. Parsely Potatoes 1/2c Mixed Vegetables Biscuit w/ Apple Butter Fresh Fruit		3/4c Corned Beef & Cabbage 1/2c Whipped Potatoes w/ Chives 1/2c Green Beans Dinner Roll 1/2c Pistachio Pudding		Pulled Turkey w/ Gravy 1/2c. Stuffing 1/2c Mixed Vegetables Wheat Bread Cookie		FROZEN Meal	FROZEN Meal	
	March 21		March 22		March 23	March 2	4	March 25
Orange Glazed Pork Loin 1/2c Vegetable Rice Pilaf 1/2c Mixed Vegetables 1/2c Sliced Apples White Bread		Grilled Chicken Salad 1c Mixed Greens w/ Diced Chix Bacon Bits, Cheddar, 1/2 Egg 1/2c Potato Salad Dinner Roll 1/2c Peach Crisp		Taco Salad 1/2c Spanish Rice 1/2c Corn & Black Bean Salad Nacho Chips 1/2c Pineapple Delight		FROZEN Meal	FROZEN Meal	
	March 28		March 29		March 30	March 3	1	
Baked Meatloaf w/ Gravy 1/2.c Ranch Potatoes 1/2c Green Beans White Bread 1/2c Sliced Peaches		Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Corn Wheat Bread 1/2c Mixed Fruit		Pineapple Glazed Ham 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots Wheat Bread Fresh Fruit		FROZEN Meal		
				*** All meals are subject to a *** Served daily: Milk and I				