

# March 2010 Menu

\*Menu items are subject to change due to availability of food items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <sup>st</sup> BBQ Ribette Sweet Corn California Blended Vegetables Whole Wheat Bun Fruit Cup <b>Chef's Special:</b> Fajita Chicken Sandwich	2 <sup>nd</sup> Baked Mostaccioli with Meat Sauce Italian Blended Vegetables Spinach Whole Wheat Roll Pear Halves <b>Chef's Special:</b> Chef's Choice with Cookie	3 <sup>rd</sup> Chicken Salad Plate Tri Colored Bean Salad Potato Salad Whole Wheat Roll Apple Oatmeal Crisp Soup Du Jour	4 <sup>th</sup> Shepherd's Pie Mashed Potatoes Sliced Carrots Whole Wheat Roll Tropical Fruit Salad <b>Chef's Special:</b> Chef's Salad Plate	5 <sup>th</sup> Crab Cake Vegetable Rice Pilaf Oriental Blended Vegetables Whole Wheat Roll Orange Sherbet <b>Chef's Special:</b> Baked Potato Bar
8 <sup>th</sup> Sweet & Sour Meatballs Vegetable Rice Pilaf Broccoli Whole Wheat Roll Peach Halves <b>Chef's Special:</b> Cabbage Roll	9 <sup>th</sup> Fish Sandwich Tater Tots Four Way Blended Vegetables Whole Wheat Bun Fresh Apples <b>Chef's Special:</b> Chef's Choice with Ice Cream	10 <sup>th</sup> Country Fried Steak Mashed Potatoes California Blended Vegetables Whole Wheat Roll Cherry Trifle Soup Du Jour	11 <sup>th</sup> Chicken Tetrazzini Roasted Tomato Spinach Whole Wheat Roll Pineapple Tidbits <b>Chef's Special:</b> Tuna Salad Plate	12 <sup>th</sup> Char Broiled Hamburger Deluxe Steak Fries Sliced Carrots Whole Wheat Bun Fresh Oranges <b>Chef's Special:</b> Fish Sandwich
15 <sup>th</sup> Swedish Meatballs Capri Blended Vegetables Broccoli Whole Wheat Roll Fresh Fruit <b>Chef's Special:</b> Three Cheese Lasagna	16 <sup>th</sup> Baked Ham Sweet Potatoes Green Beans Whole Wheat Roll Apple Sauce <b>Chef's Special:</b> Chef's Choice With Cookie	17 <sup>th</sup> <b>St. Patrick's Day Celebration</b> Corned Beef & Cabbage Steamed Red Potatoes Baby Carrots Rye Bread Leprechaun Cake	18 <sup>th</sup> Quiche Lorraine Roasted Tomato Brussels Sprouts Whole Wheat Roll Apricots <b>Chef's Special:</b> Strawberry Patch Spinach Salad	19 <sup>th</sup> Baked Tilapia Filet Broccoli Peas & Carrots Whole Wheat Roll Pineapple Upside Down Cake <b>Chef's Special:</b> Pizza & Salad Bar
22 <sup>nd</sup> <b>MAAC Volunteer Recognition &amp; Birthday Celebration</b> Chicken Cordon Bleu Scalloped Potatoes Broccoli & Cheese Sauce Whole Wheat Roll Birthday Cake	23 <sup>rd</sup> <b>RMAAC Volunteer Recognition Celebration</b> Meat Loaf Mashed Potatoes Green Beans Potato Roll Fresh Fruit <b>Chef's Special:</b> Chef's Choice with Ice Cream	24 <sup>th</sup> Turkey Ala King Over Steamed Rice Winter Blended Vegetables Whole Wheat Roll Cherry Cobbler Soup Du Jour	25 <sup>th</sup> Salisbury Steak O'Brian Potatoes w/ Red Peppers Baby Carrots Whole Wheat Roll Fruit Cocktail <b>Chef's Special:</b> Seafood Salad Plate	26 <sup>th</sup> <b>AJAAC Volunteer Recognition Celebration</b> Roast Turkey & Dressing Mashed Potatoes Green Beans Whole Wheat Roll Sliced Peaches <b>Chef's Special:</b> Meatless Ricotta Stuffed Shells & Garden Salad
29 <sup>th</sup> Beef Stew Steak Fries Stewed Tomatoes Whole Wheat Roll Fresh Fruit <b>Chef's Special:</b> Stuffed Bell Peppers	30 <sup>th</sup> Pork Chopette Four Way Blended Vegetables Mashed Potatoes Whole Wheat Roll Apricots <b>Chef's Special:</b> Chef's Choice with Cookie	31 <sup>st</sup> Chef's Salad Plate Pickled Beets Potato Salad Whole Wheat Roll Apple Oatmeal Cobbler Soup Du Jour		