

LUNCH MENU – MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ CHICKEN LEGS POTATO SALAD WITH EGG TOMATO & CUCUMBER SALAD APPLE ORANGE JUICE	2 HAMBURGERS BAKED FRIES LETTUCE & TOMATO COLESLAW STRAWBERRY APPLESAUCE APPLE JUICE	3 BAKED FISH WITH RUSTIC TOMATO SAUCE BROWN RICE STEAMED SLICED CARROTS ORANGE ORANGE PINEAPPLE JUICE
6 BAKED ZITI WITH CHEESE STEAMED SPINACH STRAWBERRIES APPLE JUICE	7 OVEN-FRIED CHICKEN WINGS SAUTÉED STRING BEANS SAUTÉED SWEET POTATOES ORANGE ORANGE PINEAPPLE JUICE	8 SWEET & SOUR CHICKEN BREASTS BROWN RICE STEAMED BROCCOLI CHOCOLATE PUDDING ORANGE JUICE	9 SHEPHERD'S PIE GRAPES APPLE JUICE	10 BAKED FISH WITH GARLIC PARMESAN CRUST BALSAMIC ROASTED BRUSSELS SPROUTS GARLIC & ROSEMARY ROASTED POTATOES APPLE ORANGE JUICE
13 BAKED BREADED FISH BAKED POTATO STEAMED BROCCOLI CHOCOLATE PUDDING ORANGE PINEAPPLE JUICE	14 PASTA PRIMAVERA STEAMED SPINACH APPLE ORANGE JUICE	15 TERIYAKI CHICKEN LEGS BAKED MACARONI & CHEESE COLESLAW TOMATO & CUCUMBER SALAD STRAWBERRY APPLESAUCE ORANGE JUICE	16 BEEF MEATLOAF WITH MUSHROOM GRAVY MASHED POTATOES SAUTÉED STTRING BEANS ORANGE APPLE JUICE	17 VEGETABLE SOUP TUNA FISH SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE
20 CHICKEN STIR FRY WITH VEGETABLES CHINESE-STYLE SPAGHETTI BANANA APPLE JUICE	21 BEEF MEATBALLS IN TOMATO SAUCE SPAGHETTI SLICED TOMATOES & CUCUMBERS APPLE	22 BAKED SALMON BROWN RICE BROCCOLI & RED PEPPERS STRAWBERRY APPLESAUCE APPLE JUICE	23 CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH APPLESAUCE ORANGE JUICE	24 SPINACH MOZZARELLA QUICHE TOSSED SALAD ORANGE ORANGE PINEAPPLE JUICE
27 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	28 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE CALIFORNIA BLEND VEGETABLES GRAPES ORANGE PINEAPPLE JUICE	29 EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	30 HAMBURGERS BAKED FRIES COLESLAW LETTUCE & TOMATO FRUIT COCKTAIL ORANGE JUICE	31 BAKED FISH WITH GARLIC PARMESAN CRUST BROWN RICE SAUTÉED STRING BEANS CANNED PINEAPPLE APPLE JUICE