

Monday	Tuesday	Wednesday	Thursday	Friday
	♥Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition	Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.		March 1 <u>Shrimp Alfredo</u> ♥<u>Italian Vegetables</u> ♥<u>Corn</u> Wheat Roll Mixed Fruit <u>or</u> Cook's Feature
March 4 <u>Parmesan Crusted Chicken</u> ♥<u>Lima Beans</u> ♥<u>Broccoli</u> Wheat Roll SF Jello with Pears <u>or</u> Brownie	March 5 <u>Ham and Beans</u> ♥<u>Spinach</u> ♥<u>Zucchini & Tomatoes</u> Cornbread Pineapple Tidbits <u>or</u> Poppyseed Cake	March 6 <u>Chicken Fajitas</u> ♥<u>Corn</u> ♥<u>Stewed Tomatoes</u> Tortilla Spiced Peaches <u>or</u> Snickerdoodle Cookie	March 7 <u>Pepper Steak</u> Chicken livers ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Carrots</u> Wheat Roll Rosy Applesauce <u>or</u> Coconut Pie Squares	March 8 <u>Fried Fish</u> ♥<u>Roasted Red Potatoes</u> ♥<u>California Vegetables</u> Wheat Roll Mandarin Oranges <u>or</u> Cook's Feature
March 11 <u>Chili</u> ♥<u>Baked Potato</u> ♥<u>Broccoli</u> Cornbread Cinnamon Apples <u>or</u> Cinnamon Rolls	March 12 <u>Garlic and Herb Pork Roast</u> ♥<u>Yams</u> ♥<u>Roasted Brussel Sprouts</u> Wheat Roll Mixed Fruit <u>or</u> Pecan Pie Bar	March 13 <u>Chicken and Dumplings</u> ♥<u>Green Beans</u> ♥<u>California Vegetables</u> Wheat Roll Mandarin Oranges <u>or</u> Orange Creamsicle Cookies	March 14 <u>Lasagna</u> ♥<u>Creamed Peas</u> ♥<u>Normandy Vegetables</u> Wheat Roll Mixed Fruit <u>or</u> Oatmeal Cookie	March 15 <u>Herb Crusted Fish</u> ♥<u>Roasted Red Potatoes</u> ♥<u>Carrots</u> Wheat Roll SF Jello with Pineapple Tidbits <u>or</u> Cook's Feature
St. Patrick's Day March 18 <u>Corned Beef and Cabbage</u> ♥<u>Carrots</u> ♥<u>Boiled Potatoes</u> Wheat Roll Applesauce <u>or</u> Crispy Rice Treat	March 19 <u>Garlic Chicken</u> ♥<u>Lima Beans</u> ♥<u>Stewed Tomatoes</u> Wheat Bread Blushed Pears <u>or</u> Starburst Cake	March 20 <u>Chicken Fried Steak</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Normandy Vegetables</u> Wheat Roll Peaches <u>or</u> Blondie	March 21 <u>Fried Chicken</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Sliced Peaches <u>or</u> Tiramisu Care Connection Desserts through the Decades 2020's	March 22 <u>Fried Fish</u> ♥<u>Spinach</u> ♥<u>Corn</u> Hushpuppies Pears <u>or</u> Cook's Feature
March 25 <u>Smothered Pork Chops</u> ♥<u>Black Eyed Peas</u> ♥<u>Spinach</u> Wheat Roll Applesauce <u>or</u> Peach Crisp	March 26 <u>Meatloaf</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Broccoli</u> Wheat Roll Pears <u>or</u> Carrot Cake	March 27 <u>Herb Roasted Chicken</u> ♥<u>Zucchini and Tomato</u> ♥<u>Roasted Brussel Sprouts</u> Wheat Roll Mixed Fruit <u>or</u> Peanut Butter Cookie	March 28 <u>Turkey and Noodles</u> ♥<u>Peas</u> ♥<u>Carrots</u> Biscuit Cinnamon Apples <u>or</u> Chocolate Chip Cookie	Good Friday March 29 <u>Baked Lemon Fish</u> ♥<u>Roasted Sweet Potatoes</u> ♥<u>California Vegetables</u> Wheat Roll Mandarin Oranges <u>or</u> Cook's Feature

***Menu subject to change according to availability**