


# Warsaw

# March 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>♥Indicates Heart Healthy Item</b> <b>Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</b>	Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.  These options must be ordered the day before or no later than 8 am the morning of to ensure availability.		<b>March 1</b> <u><b>Fried Fish</b></u> <b>♥Roasted Sweet Potatoes</b> <b>♥California Vegetables</b> Wheat Roll Mandarin Oranges <u>or</u> Cook's Feature
<b>March 4</b> <u><b>Parmesan Crusted Chicken</b></u> <b>♥Lima Beans</b> <b>♥Broccoli</b> Wheat Roll SF Jello with Pears <u>or</u> Brownie	<b>March 5</b> <u><b>Ham and Beans</b></u> <b>♥Spinach</b> <b>♥Stewed Tomatoes</b> Cornbread Pineapple Tidbits <u>or</u> Poppyseed Cake	<b>March 6</b> <u><b>Pepper Steak</b></u> Liver and Onions <b>♥Mashed Potatoes/Gravy</b> <b>♥Carrots</b> Wheat Roll Rosy Applesauce <u>or</u> Coconut Pie Square	<b>March 7</b> <u><b>Chicken Fajitas</b></u> <b>♥Corn</b> <b>♥Stewed Tomatoes</b> Tortilla Spiced Peaches <u>or</u> Snickerdoodle Cookie	<b>March 8</b> <u><b>Shrimp Alfredo</b></u> <b>♥Italian Vegetables</b> <b>♥Peas</b> Wheat Roll Mixed Fruit <u>or</u> Cook's Feature
<b>March 11</b> <u><b>Roast Beef Sandwich</b></u> <b>♥Mashed Potatoes/Gravy</b> <b>♥Carrots</b> Wheat Bread Cinnamon Apples <u>or</u> Cinnamon Roll	<b>March 12</b> <u><b>Garlic and Herb Pork Roast</b></u> <b>♥Yams</b> <b>♥Roasted Brussel Sprouts</b> Wheat Roll Mixed Fruit <u>or</u> Pecan Pie Bar	<b>March 13</b> <u><b>Chicken and Dumplings</b></u> <b>♥Peas</b> <b>♥California Vegetables</b> Wheat Roll Mandarin Oranges <u>or</u> Orange Creamsicle Cookie	<b>March 14</b> <u><b>Chili</b></u> <b>♥Baked Potato</b> <b>♥Broccoli</b> Cornbread Sliced Peaches <u>or</u> Tiramisu <u>Care Connection Desserts through the Decades 2020's</u>	<b>March 15</b> <u><b>Fried Chicken</b></u> <b>♥Mashed Potatoes/Gravy</b> <b>♥Green Beans</b> Wheat Roll SF Jello with Pineapple Tidbits <u>or</u> Birthday Cake
<u><b>St. Patrick's Day</b></u> <b>March 18</b> <u><b>Corned Beef and Cabbage</b></u> <b>♥Carrots</b> <b>♥Boiled Potatoes</b> Wheat Roll Applesauce <u>or</u> Crispy Rice Treat	<b>March 19</b> <u><b>Garlic Chicken</b></u> <b>♥Lima Beans</b> <b>♥Stewed Tomatoes</b> Wheat Bread Blushed Pears <u>or</u> Starburst Cake	<b>March 20</b> <u><b>Chicken Fried Steak</b></u> <b>♥Mashed Potatoes/Gravy</b> <b>♥Roasted Brussel Sprouts</b> Wheat Roll Peaches <u>or</u> Blondie	<b>March 21</b> <u><b>Lasagna</b></u> <b>♥Creamed Peas</b> <b>♥Normandy Vegetables</b> Wheat Roll Mixed Fruit <u>or</u> Oatmeal Cookie	<b>March 22</b> <u><b>Herb Crusted Fish</b></u> <b>♥Spinach</b> <b>♥Corn</b> Wheat Roll Pears <u>or</u> Cook's Feature
<b>March 25</b> <u><b>Smothered Pork Chops</b></u> <b>♥Black Eyed Peas</b> <b>♥Spinach</b> Wheat Roll Applesauce <u>or</u> Peach Crisp	<b>March 26</b> <u><b>Meatloaf</b></u> <b>♥Mashed Potatoes/Gravy</b> <b>♥Broccoli</b> Wheat Roll Pears <u>or</u> Carrot Cake	<b>March 27</b> <u><b>Turkey and Noodles</b></u> <b>♥Peas</b> <b>♥Carrots</b> Biscuit Cinnamon Apples <u>or</u> Chocolate Chip Cookie	<b>March 28</b> <u><b>Shepherd's Pie</b></u> <b>♥Zucchini and Tomato</b> <b>♥Roasted Brussel Sprouts</b> Wheat Roll Mixed Fruit <u>or</u> Peanut Butter Cookie	<u><b>Good Friday</b></u> <b>March 29</b> <u><b>Fried Fish</b></u> <b>♥Roasted Sweet Potatoes</b> <b>♥California Vegetables</b> Wheat Roll Mandarin Oranges <u>or</u> Cook's Feature

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