


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>Fried Fish</u> ♥Roasted Sweet Potatoes ♥California Vegetables Mandarin Oranges <u>or</u> Cook's Feature
March 4 <u>Parmesan Crusted Chicken</u> ♥Lima Beans ♥Broccoli Wheat Roll SF Jello with Pears <u>or</u> Brownie	March 5 <u>Ham and Beans</u> ♥Spinach ♥Stewed Tomatoes Cornbread Pineapple Tidbits <u>or</u> Poppyseed Cake	March 6 <u>Pepper Steak</u> Liver and Onions ♥Mashed Potatoes/Gravy ♥Carrots Wheat Roll Rosy Applesauce <u>or</u> Coconut Pie Squares	March 7 <u>Chicken Fajitas</u> ♥Corn ♥Stewed Tomatoes Tortilla Spiced Peaches <u>or</u> Snickerdoodle Cookie	March 8 <u>Shrimp Alfredo</u> ♥Italian Vegetables ♥Peas Garlic Stick Mixed Fruit <u>or</u> Cook's Feature
March 11 <u>Chili</u> ♥Baked Potato ♥Broccoli Cornbread Cinnamon Apples <u>or</u> Cinnamon Rolls	March 12 <u>Biscuit & Gravy</u> ♥Hashbrowns ♥Spiced Peaches Biscuit Mixed Fruit <u>or</u> Coffee Cake	March 13 <u>Chicken and Dumplings</u> ♥Peas ♥Pickled Beets Wheat Roll Mandarin Oranges <u>or</u> Orange Creamsicle Cookies	March 14 <u>Lasagna</u> ♥Spinach ♥Normandy Vegetables Garlic Stick Sliced Peaches <u>or</u> Tiramisu <u>Care Connection Desserts through the Decades 2020's</u>	St Patrick's Day March 15 Corn Beef and Cabbage ♥Carrots ♥Boiled Potatoes Wheat Roll SF Jello with Pineapple Tidbits <u>or</u> Cook's Feature
March 18 <u>Herb Crusted Fish</u> ♥Carrots ♥Bake Potato Wheat Roll Applesauce <u>or</u> Crispy Rice Treat	March 19 <u>Garlic Chicken</u> ♥Lima Beans ♥Stewed Tomatoes Garlic Stick Blushed Pears <u>or</u> Starburst Cake	March 20 <u>Chicken Fried Steak</u> ♥Mashed Potatoes/Gravy ♥Roasted Brussel Sprouts Wheat Roll Peaches <u>or</u> Blondie	March 21 <u>Fried Chicken</u> ♥Mashed Potato w/Gravy ♥Green Beans Garlic Stick Mixed Fruit <u>or</u> Birthday Cake	March 22 <u>Lemon Pepper Fish</u> ♥Cream Peas ♥Corn Hushpuppies Pears <u>or</u> Cook's Feature
March 25 <u>Smothered Pork Chops</u> ♥Black Eyed Peas ♥Spinach Wheat Roll Applesauce <u>or</u> Peach Crisp	March 26 <u>Meatloaf</u> ♥Mashed Potatoes/Gravy ♥Broccoli Wheat Roll Pears <u>or</u> Carrot Cake	March 27 <u>Turkey and Noodles</u> ♥Peas ♥Carrots Biscuit Cinnamon Apples <u>or</u> Chocolate Chip Cookie	March 28 <u>Mushroom Swiss Burger</u> ♥Zucchini and Tomato ♥Roasted Red Potatoes Wheat bun Mixed Fruit <u>or</u> Peanut Butter Cookie	<u>Good Friday</u> March 29 <u>Baked Fish</u> ♥Roasted Sweet Potatoes ♥California Vegetables Wheat Roll Mandarin Oranges <u>or</u> Cook's Feature

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