





MARCH 2018 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each Meal Includes:		1	2	
	* 1/3 of the Required Daily Amounts (RDA) * Milk * Condiments as appropriate * Sodium >800 		Baked Chicken Mashed Potatoes w/ Gravy Cranberry Brussel Sprouts Cinnamon Applesauce	COOK'S CHOICE
	<i>Amy B Jones MS RDN LDN</i>			
5	6	7	8	9
Turkey Noodle Casserole Garden Beans Cranberry Pear Crisp WW Roll Tomato Juice	Taco Soup -or- White Chili Tortilla Chips Lettuce Salad Applesauce Jello	Scalloped Potatoes & Ham Broccoli Hot Fruit Compote OJ	Swedish Meatballs Baked Potato w/ Sour Cream Harvard Beets Mixed Fruit	Crunchy Baked Fish Tartar Sauce Sweet Potato Creamed Peas Orange/Banana/Pineapple Tomato Juice
12	13	14	15	16
Creamed Chicken over Biscuit Brussel Sprouts Pineapple Tomato Juice	Liver & Onions -OR- Beef Patty Mashed Potatoes Mixed Vegetables Oatmeal Raisin Bar OJ	Chili Cinnamon Roll Baby Carrots Chilled Peaches Grape Juice	 Meat Loaf Boiled Potatoes Spinach Au Gratin Strawberries Angel Food Cake	COOK'S CHOICE
19	20	21	22	23
 Turkey Roast Potatoes w/Gravy Peas & Carrots Pumpkin Custard Tomato Juice	Hot Roast Beef Sandwich Broccoli Banana Half Vanilla Pudding	Orange Glazed Chicken Brown Rice Tomatoes Florentine Applesauce	Hearty Veg Beef Soup WW Roll with butter Celery Sticks Peaches PNB Cookie	Crunchy Baked Fish Parsleyed Potatoes Herbed Green Beans Pineapple Crunch
26	27	28	29	30
Meatloaf Roasted Red Potatoes Brussel Sprouts with Cranberries Cinnamon Apples w/Crunchy Top	Chicken & Noodle Casserole Beets Plums Oatmeal-Raisin Bar OJ	Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice	Turkey & Dumplings Asparagus Banana Raisin Rice Pudding Tomato Juice	COOK'S CHOICE