

# March 2023 Menu

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|---|---|---|---|--|--|---|
|    |   |   | <p><b>1</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Chicken Noodle Soup, Turkey Patty Melt, Sweet Potato Fries, Pickle Spear, Strawberry Shortcake</p> <p><u>DINNER</u><br/>Cream of Mushroom, Chicken Cordon Bleu, Garlic Butter Rice, Steamed Broccoli, Chocolate Cake</p>      | <p><b>2</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Tortilla Soup, Cheese Enchiladas, Spanish Rice, Refried Beans, Guacamole, Pico de Gallo, Sour Cream, Flan</p> <p><u>DINNER</u><br/>Tomato Soup, Eggplant Casserole, Roasted Carrots &amp; Cauliflower, Garlic Bread, Fruit Cobbler</p> | <p><b>3</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Matzo Ball Soup, Cheese or Pepperoni Pizza, Caesar Salad, Lemon Bar</p> <p><u>DINNER</u><br/>Garbanzo Bean Soup, Beef Stew Served Over Mashed Potatoes, Dinner Roll, Banana Cake</p>  | <p><b>4</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Coffee Cake<br/>Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Vegetable Soup, Chef Salad, Hawaiian Roll, Bread Pudding a la Mode<br/>Carrot Cake</p> <p><u>DINNER</u><br/>Zucchini Cilantro Soup, Pan Grilled Fish, Mushroom Couscous, Mixed Vegetables, Peach Turnover</p>     |
| <p><b>5</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat &amp; Fruit</p> <p><u>LUNCH</u><br/>Egg Drop Soup, Sweet &amp; Sour Meatballs, Steamed White Rice, Oriental Vegetables, Vanilla Pudding</p> <p><u>DINNER</u><br/>French Onion Soup, Beef Stroganoff, Egg Noodles, Roasted Carrots, Chocolate Eclair</p>                                      | <p><b>6</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Split Pea Soup, BLT Sandwich, Mango &amp; Avocado Salad, Potato Chips, Sponge Cake</p> <p><u>DINNER</u><br/>Mushroom &amp; Barley Soup<br/>Rosemary Garlic Roasted Cornish Hen, Au Gratin Potatoes, Buttery Garlic Green Beans, Apple Cake</p> <p>Purim Begins</p> | <p><b>7</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Fresh Muffins<br/>Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Cream of Cauliflower, Chicken Tenderloin, French Fries, Coleslaw, Tapioca Pudding</p> <p><u>DINNER</u><br/>Pinto Bean Soup, Pork Chops in Mushroom Gravy, Mashed Potatoes, Roasted Brussel Sprouts, Coconut Cream Pie</p> | <p><b>8</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Lentil Soup, Tuna Salad Pita Pocket, Marinated Beet Salad, Fresh Fruit, Fruit Parfait</p> <p><u>DINNER</u><br/>Cream of Broccoli, Cheese Ravioli, Mixed Vegetables, Garlic Bread, Cinnamon Baked Apple</p>                    | <p><b>9</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Butternut Squash Soup, Roast Beef Sandwich, Potato Salad, Pickle Spear, Orange Mousse</p> <p><u>DINNER</u><br/>Vegetable Soup, Oven Crisp Fish, Polenta, Sauteed Squash, Bananas Foster</p>  | <p><b>10</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Matzo Ball Soup, Chicken Salad Croissant, Sweet Potato Fries, Cucumber &amp; Tomato Salad, Yellow Cake</p> <p><u>DINNER</u><br/>Cream of Spinach, Swedish Meatballs, Garden Rice, California Blend Vegetables, Strawberry Shortcake</p>                              | <p><b>11</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Coffee Cake<br/>Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Kidney Bean Soup, Vegetable Frittata, Garden Salad, Zucchini Bread, Banana Mousse</p> <p><u>DINNER</u><br/>Potato Leek Soup, Eggplant Parmesan, Lemon Couscous, Parmesan Green Beans, Breadsticks, Apple Pie</p> |
| <p><b>12</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat &amp; Fruit</p> <p><u>LUNCH</u><br/>Tomato Bisque, Blueberry or Cheese Blintz, Apple Slaw, Orange Wedges, Chocolate Pudding</p> <p><u>DINNER</u><br/>Butternut Squash Soup, Braised Beef Brisket, Mashed Potatoes, Steamed Vegetables, Fruit Cobbler</p> <p>Daylight Saving Time Begins</p> | <p><b>13</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Cabbage Celery Soup, Reuben Sandwich, Potato Salad, Watermelon, Strawberry Shortcake</p> <p><u>DINNER</u><br/>Cream of Cauliflower, Chicken Pot Pie, Roasted Brussel Sprouts, Dinner Roll, Banana Mousse</p>  | <p><b>14</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Fresh Muffins<br/>Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Egg Drop Soup, Hawaiian Meatballs, Steamed White Rice, Mixed Vegetables, Mango Ice Cream</p> <p><u>DINNER</u><br/>Vegetable Soup, Shepherd's Pie, Roasted Root Vegetables, Roll, Peach Turnover</p>                      | <p><b>15</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>White Bean Soup, Oven Baked Crab Cakes, Broccoli &amp; Carrot Slaw, Fresh Fruit, Fruit Jell-O</p> <p><u>DINNER</u><br/>Cream of Carrot, Manicotti, Mixed Vegetables, Garlic Bread, Lemon Meringue Pie</p>                    | <p><b>16</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Chicken Noodle Soup, Turkey Club Sandwich, Cucumber &amp; Tomato Salad, French Fries, Brownie</p> <p><u>DINNER</u><br/>Zucchini Cilantro Soup, Roast Chicken, Red Roasted Potatoes and Carrots, Chef's Dessert</p>                    | <p><b>17</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Matzo Ball Soup, Egg Salad Sandwich, Potato Chips, Marinated Beet Salad, Fruit Parfait</p> <p><b>St Patrick's Day Dinner</b><br/>Irish Potato Soup<br/>Corned Beef &amp; Cabbage<br/>Boiled Potatoes &amp; Carrots<br/>Irish Bread Pudding<br/>St. Patrick's Day</p> | <p><b>18</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Coffee Cake<br/>Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Potato Leek Soup, Cobb Salad, Hawaiian Roll, Ice Cream</p> <p><u>DINNER</u><br/>Lentil Soup, Parmesan Crusted Fish, Mushroom Couscous, Sauteed Squash, Pecan Pie</p>   |
| <p><b>19</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat &amp; Fruit</p> <p><u>LUNCH</u><br/>Cream of Spinach, Grilled Cheese &amp; Tomato Sandwich, Kettle Chips, Fresh Fruit, Ambrosia Salad</p> <p><u>DINNER</u><br/>Corn Chowder, Beef Stuffed Cabbage Rolls, Garden Rice, Roasted Carrots, White Cake</p>                                       | <p><b>20</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Split Pea Soup, Philly Cheesesteak Sandwich, Onion Rings, Potato Salad, Chocolate Cake</p> <p><u>DINNER</u><br/>Chicken Rice Soup, Vegetable Lasagna, Honey Roasted Brussel Sprouts, Garlic Bread, Coconut Cream Pie</p> <p>Spring Begins</p>                     | <p><b>21</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Fresh Muffins<br/>Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Tortilla Soup, Chicken Fajitas, Spanish Rice, Refried Beans, Guacamole, Flan</p> <p><u>DINNER</u><br/>Minestrone Soup, Beef Stew, Potatoes &amp; Carrots, Dinner Roll, Peach Cobbler</p>                                 | <p><b>22</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Pinto Bean Soup, Fish &amp; Chips, Coleslaw, Ice Cream Sandwich</p> <p><u>DINNER</u><br/>French Onion Soup, Spaghetti Meatballs, Steamed Broccoli, Garlic Bread, Assorted Cookies</p> <p>Ramadan Begins</p>                  | <p><b>23</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Mushroom &amp; Barley Soup, Trio Salad over Bed of Mixed Greens, Hawaiian Roll, Pineapple Upside-Down Cake</p> <p><u>DINNER</u><br/>Italian Wedding Soup, Moroccan Paprika Fish, Couscous, Roasted Cauliflower, Orange Cake</p>       | <p><b>24</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Matzo Ball Soup, Cheese or Pepperoni Pizza, Caesar Salad, Banana Split</p> <p><u>DINNER</u><br/>Navy Bean Soup, Chicken Cacciatore, Garlic Mashed Potatoes, Sauteed Green Beans, Chocolate Eclair</p>  | <p><b>25</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Coffee Cake<br/>Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Hearty Vegetable Soup, Italian Chopped Salad, Zucchini Bread, Bread Pudding</p> <p><u>DINNER</u><br/>Garbanzo Bean Soup, Salisbury Steak, Herbed Rice Pilaf, Sweet &amp; Tangy Carrots, Lemon Bar</p>            |
| <p><b>26</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat &amp; Fruit</p> <p><u>LUNCH</u><br/>Butternut Squash Soup, Vegetable Quiche, Garden Salad, Popsicles</p> <p><u>DINNER</u><br/>Chef's Soup, Beef Stroganoff, Buttered Egg Noodles, Roasted Brussel Sprouts, Sponge Cake</p>  | <p><b>27</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Cream of Spinach, Sweet &amp; Sour Chicken, Steamed White Rice, Steamed Broccoli, Coconut Macarons</p> <p><u>DINNER</u><br/>Tomato Soup, Beef Stuffed Bell Peppers, Cilantro Rice, Mixed Vegetables, Carrot Cake</p>  | <p><b>28</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Fresh Muffins<br/>Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Potato Leek Soup, BLTA Sandwich, Carrot Slaw, Fresh Fruit, Vanilla Pudding w/ Strawberries</p> <p><u>DINNER</u><br/>Vegetable Soup, Pan Grilled Fish, Polenta, Roasted Cauliflower, German Chocolate Cake</p>            | <p><b>29</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Zucchini Cilantro Soup, Turkey Patty Melt, Onion Rings, Dill Pickle Spears, Angel Food Cake</p> <p><u>DINNER</u><br/>Kidney Bean Soup, Pork Chops in Mushroom Gravy, Mashed Potatoes, Green Beans, Pound Cake w/ Berries</p> | <p><b>30</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Tortilla Soup, Enchiladas, Spanish Rice, Refried Beans, Pico de Gallo, Sour Cream, Guacamole, Churros</p> <p><u>DINNER</u><br/>Cream of Carrot, Spinach &amp; Cheese Ravioli, Mixed Vegetables, Garlic Bread, Banana Bread</p>        | <p><b>31</b></p> <p><u>BREAKFAST</u><br/>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u><br/>Matzo Ball Soup, Beef Chow Mein, Stir Fry Vegetables, Almond Cookies</p> <p><u>DINNER</u><br/>Cream of Broccoli, Chicken Cordon Bleu, Green Beans Almondine, Mashed Potatoes, Peach Pie</p>  |    |