



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>			<p>1 Baked Pollock W/ Lemon Butter Sauce          Baked Potato          Calif Blend Veggies          Wheat Bread          Vanilla Mandarin Pudding</p>
<p>4 Slow Roasted Beef/Gravy          Mashed Potatoes          Brussel Sprouts          Multi-Grain Bread          Chilled Pears          Cookie</p>	<p>5 Turkey Pot Roast /Gravy          Baked Potato          Peas &amp; Carrots          Multi-Grain Bread          Chef's Fruit          Banana</p>	<p>6 Spaghetti &amp; Meatball          Marinara          Broccoli          Wheat Vienna          Chilled Peaches</p>	<p>7 Chicken Tenders/ Country Gravy          Bread Stuffing          Sweet Potato Mashed          Northern Bean &amp; Tomato Mix          Cran Applesauce          Pea Salad</p>	<p>8 Surimi Crab Alfredo          Penne Pasta          Zucchini W/ Red Peppers &amp; Onions          Chef's Veggie          Dinner Roll          Fruit Cup</p>
<p>11 Baked Meatloaf W/ Country Gravy          Cauliflower Mashed Potatoes          Mixed Veggies          Wheat Roll          Pineapple Tidbits</p>	<p>12 BBQ Pulled Pork          Oven Fries          Carrot Raisin Salad          Wheat Sandwich Bun          Warm Apple Crumble          Chef's Choice</p>	<p>13 <b>St. Patrick's Day Party</b>          Buona Beef Sandwich          House Salad          Fruit Cup          Milk          Chocolate Chunk Cookie</p>	<p>14 Irish Stew W/ Peas, Onions, Carrots And Celery          Irish Potatoes          Steamed Cabbage          Dinner Roll          Leprechaun Pistachio Pudding</p>	<p>15 Cheese Omelette          Hash Browned Potatoes          Wheat Biscuit          Apple Juice          Fruit Yogurt          Fresh Orange</p>
<p>18 Roast Pork &amp; Gravy          Au Gratin Potatoes          Peas &amp; Carrots          Wheat Bread          Whole Apple</p>	<p>19 Cheddar Broccoli Chicken          Rice Casserole          Cauliflower          Wheat Roll          Warm Pear Crumble          Pea Salad</p>	<p>20 Salisbury Steak /Gravy          Mashed Potatoes          Corn          Multi-Grain Roll          Pineapple Tidbits</p>	<p>21 Hotdog          Oven Fries          Bean Casserole          Wheat Hotdog Bun          Banana          Fresh Melon</p>	<p>22 Classic Lasagna W/ Marinara          Broccoli          Chef's Choice Veggies          Wheat Bread          Oatmeal Raisin Cookie</p>
<p>25 Roast Turkey &amp; Gravy          Baked Sweet Potatoes          Mixed Vegetables          Bread Stuffing          Chef's Fruit</p>	<p>26 Spaghetti &amp; Meatball          Marinara          Mixed Salad Greens          Multi-Grain Bread          Warm Peach Cobbler          Fruit Cup</p>	<p>27 Shaved Pork W/          Mediterranean Sauce          Scalloped Potatoes          Brussel Sprouts          Multi-Grain Bread          Apple Sauce</p>	<p>28 Baked Chicken &amp; Gravy          Mashed Potatoes          Cauliflower /Red Peppers          Wheat Bread          Mandarin Oranges</p>	<p>29 Citrus Alaskan Pollock          Veggie Rice Pilaf          Country Blend Veggies          Multi-Grain Roll          Chick Pea Salad          Fresh Melon</p>

**Menu subject to change due to availability of items.** Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$4.00