






March 2023 - **FROZEN STANDARD MENU**

**CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE FROZEN MENU**  
**\*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\***



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BBQ Chicken Yellow Rice Steamed Slice Carrots	2 Sweet and Sour Pork Chop Garlic and Rosemary Roasted Potatoes Green Beans	3 Baked Fish with Dill Lemon Sauce Cous Cous California Blend Vegetables	4 Jumbo Stuffed Shells with Meat Sauce Normandy Blend
5	6	7	8 Creamy Beef and Mushroom Sauce Egg Noodles Steamed Broccoli	9 Chicken Meatballs in Mushroom Gravy Egg Noodles Steamed Sliced Carrots	10 Breaded Fish Fillet Yogurt Tartar Sauce Steamed Green Beans Yellow Plantains	11 Lentil Chili Brown Rice California Blend Vegetables
12	13	14	15	16	17 	18
Chicken with Tomato Sauce Garlic Mashed Potatoes Green Beans	Mexican Style Chicken Thighs and Rice Steamed Broccoli Steamed Green Beans	Cheese Lasagna Rollups in Tomato Sauce Steamed Carrots Steamed Cauliflower	Beef Meatloaf with Mushroom Gravy Smashed Red Potatoes Steamed Broccoli	Black Bean and Sweet Potato Chili Winter Blend Vegetables	Spanish Style Baked Fish Cous Cous Vegetable Mix	Stuffed Shells with Cheese in Tomato Sauce Steamed Cauliflower
19	20	21	22	23	24	25
Honey-Apricot Glazed Chicken Garlic and Rosemary Roasted Potatoes Normandy Blend	 Spanish Style Beef Stew Egg Noodles California Blend Vegetables	Sweet and Sour Chicken Breasts Baked Brown Rice Pilaf Roasted Zucchini	Chicken Kofta with Tomato Curry Cous Cous Steamed Cauliflower	Chili con Carne Perfect White Rice Baby Carrots with Parsley	Baked Fish with Rustic Tomato Sauce Yellow Plantains Steamed Green Beans	BBQ Pork Chops in Brown Gravy Normandy Blend Parmesan Rosemary Mashed Potatoes
26	27	28	29	30	31	
Butternut Squash Whole Wheat Mac and Cheese Beets and Baby Carrots with Dill Steamed Cauliflower	Chicken Parmesan with Sautéed Onions & Garlic Penne Baby Carrots with Parsley Mixed Green Salad	Grilled Chicken Breast in Mushroom Gravy Rice and Red Beans Steamed Broccoli	Stewed Chicken Breast Cous Cous Steamed Cauliflower	BBQ Sauce with Pork Spare Ribs Green Beans Sweet Baked Yams	Teriyaki Glazed Fish Yellow Plantains Vegetable Mix	

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).