



March 2023 - **HOT STANDARD MENU**

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



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
						1		2		3		4	
						Chicken Tefteli Yellow Rice California Blend Vegetables		Creamy Beef and Mushroom Sauce Egg Noodles Normandy Blend		Homemade Coconut Breaded Fish Steamed Cauliflower		Baked Ziti with Cheese Green Beans Steamed Carrots	
5		6		7		8		9		10		11	
Brown Gravy Grilled Chicken Breast Whole Grain Stuffing Italian Blend Vegetables		Cheese Lasagna Rollups with Tomato Sauce Broccoli and Red Peppers Steamed Green Beans		Stewed Chicken Breast Yellow Plantains Steamed Cauliflower		BBQ Chicken Breast Yellow Rice Steamed Slice Carrots		Sweet and Sour Pork Chop Garlic and Rosemary Roasted Potatoes Steamed Green Beans		Baked Fish with Dill Lemon Sauce Cous Cous Vegetable Mix		Jumbo Stuffed Shells with Meat Sauce Normandy Blend	
12		13		14		15		16		17		18	
Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Capri Blend Vegetables		Baked Breaded Chicken Cutlet Rice and Beans Normandy Blend		Chicken Stir Fry with Vegetables Barley Vegetable Mix		BBQ Pulled Pork Baked Sweet Potato Steamed Broccoli		Chicken Meatballs in Mushroom Gravy Egg Noodles Steamed Sliced Carrots		Breaded Fish Fillet Yogurt Tartar Sauce Steamed Green Beans Yellow Plantains		Lentil Chili Brown Rice California Blend Vegetables	
19		20		21		22		23		24		25	
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 California Blend Vegetables		Black Bean and Sweet Potato Chili Winter Blend Vegetables		Spanish Style Baked Fish Cous Cous with Peas and Lemon Spiced Mixed Vegetables		Stuffed Shells in Tomato Sauce Steamed Carrots & Cauliflower	
26		27		28		29		30		31			
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 Green Beans		Chicken Kofta 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			

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).