





| Mon | Tue | Wed | Thu | Fri |
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|  | March 10, 2024  |  |  | 1 Spanakopita Egg White Casserole (1 pc/8 oz.) 1/2 C Breakfast Potatoes 1/2 C Peppers & Onions WG Biscuit, Ketchup 1/2 C Fresh Fruit Salad |
| 4 Beef Stroganoff (1 Cup) 1/2 C Cauliflower 1/2 C Peas 1/2 C Buttered Rotini Pound Cake w/Strawberries Cal 745 | 5 BBQ Turkey Flatbread (Flatbread w/2 Oz. Turkey/1 Oz Cheese) 1/2 C Potato Salad 1/2 C Fresh Cantaloupe Cal 669 | 6 Meatloaf w/Gravy (1 slice) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine Banana Bread Cal 736 | 7 Chicken Cordon Bleu 1/2 C Carrots 1 C Butternut Squash Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 947 | 8 Cheese Ravioli Alfredo (3 Ravioli) 1/2 C Broccoli 1 C Side Salad w/Dressing WW Bread w/Margarine 1/2 C Vanilla Pudding Cal 625 |
| 11 Pulled Pork Sandwich (1/2 C Pulled Pork & WW Sandwich Roll) 1/2 C Coleslaw Cal 684 1/2 C Chuckwagon Corn 1/2 C Fresh Cantaloupe | 12 Chicken BLT Salad (3/4 C Diced Chicken) 1 C Salad Greens w/ Dressing WW Bread w/Margarine 1/2 C Fresh Fruit Salad | 13 Penne w/Meatballs (1/2 C Penne w/Marinara Sauce & 2 Meatballs) 1/2 C Broccoli 1 C Side Salad w/Dressing 1/2 C Jello Cal 712 | 14 Orange Chicken (3/4 C Diced Chicken) 1/2 C Stir Fry Vegetable Blend 1/2 C Vegetable Fried Rice WW Bread w/Margarine 1/2 C Diced Pineapple Cal 676 | 15 Vegetable Lasagna (1 Piece/8 Oz) 1/2 C Carrots 1/2 C Cauliflower WW Bread w/Margarine 1/2 C Greek Yogurt Cal 696 |
| 18 Pub Steakburger (1 Beef Patty, 1 Slice Cheese & WW Sandwich Roll), Ketchup 1/2 C Broccoli w/Ranch Dip 1 C Stuffed Pepper Soup 1/2 C Chocolate Pudding Cal 897 | 19 Ham Salad Sandwich (WW Sandwich Roll & 5 Oz. Ham Salad) 1/2 C Broccoli Slaw 1/2 C Fresh Grapes Cal 712 | 20 Penne w/Alfredo Sauce (1/2 Cup) 1/2 C Mediterranean Vegetable Blend Fresh Orange | 21 Maple Glazed Pork w/Cider Gravy (4 Oz. Pork) 1/2 C Sweet Potato Cubes 1/2 C Brussels Sprouts WW Bread w/Margarine Oatmeal Cookie Cal 728 | 22 Cheese Ravioli w/Sauce (3 Ravioli) 1 C Buttered Winter Vegetable Blend WW Bread w/Margarine 1/2 C Mandarin Oranges Cal 628 |
| 25 Stuffed Pepper (1 pepper w/meat sauce) 1/2 C Steamed Broccoli 1/2 C Roasted Red Peppers WW Bread w/Margarine Pound Cake Cal 712 | 26 Italian Sub (1/4 Sub Roll w/3 Oz. Meat & Cheese) 1 C Tossed Salad w/Dressing Fresh Apple Cal 627 | 27 BIRTHDAY MENU Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Wax Beans 1/2 C Creamy Spinach Orzo Pasta 1/2 C Diced Mango Sugar Cookie Cal 720 | 28 Petite Tenderloin Medallions Au Jus (3 Oz. Beef) 1/2 C Mashed Potatoes 1/2 C Beets WW Bread w/Margarine Fresh Pear Chocolate Chip Cookie Cal 790 | 29 GOOD FRIDAY Mojo Marinated Cod Fillet 1/2 C Coleslaw 1/2 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Clementine Cal 687 |