

CW Resources Senior Community Café

# March Menu 2018

\* High Sugar Content  
 \*\*High in Sodium Content  
 +Higher Fat Content  
 LS-Low Sodium



1% or Skim milk provided  
 Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Grape Juice Roast Turkey LS Turkey Gravy Mashed Potato Green and Gold Beans  100% W. Wheat Bread  Banana	2
5 Pulled Pork Baked Beans Coleslaw  W.W. Hamburger Roll  Applesauce	6 Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Mashed Potato Ginger Baby Carrots <b>HAPPY BIRTHDAY</b> 12 Grain Bread  Birthday Cake*	7 Ravioli with Meat Sauce Broccoli Garden Salad Thousand Island+  Italian Bread  Fresh Pear	8 Grape Juice Beef Stew Brown Rice Green Beans  W.W. Dinner Roll  Brownie*	9
12 Sloppy Joe Sweet Potato Tots California Veggies  Hamburger Bun  Pineapple Chunks	13 <b>St. Patrick's Day</b> Cranberry Juice Corned Beef Au Jus** Cabbage Boiled Potatoes Carrots Mustard  Rye Bread  Shamrock Cookie	14 Grape Juice Turkey Noodle Casserole Peas and Carrots  Corn Muffin  Apricots	15 Apple Juice Garlic Baked Chicken with Spinach and Parmesan Cheese** Cheesy Mushroom Rice Geneva Blend Veggies  100% W.W. Bread  Pudding Cup	16
19 Balsamic Roasted Pork Loin Egg Noodles Zucchini  12 Grain Bread  Cinnamon Applesauce	20 Orange Juice Cheeseburger Steak Fries Corn with Peppers Lettuce Tomato Slices Hamburger Bun  Oatmeal Cookies*	21 Apple Juice Bruschetta Chicken Mashed Potatoes Spinach  Pumpnickel Bread  Pears	22 LS Chicken Vegetable Unsalted Crackers Lasagna Rolette Meat Sauce Garden Salad Italian Dressing Garlic Bread  Fresh Apple	23
26 Chicken Pot Pie with Carrots, Celery and Peas Diced Potatoes Chopped Spinach  Biscuit  Tropical Fruit Cup	27 <b>Easter Special</b> Apple Juice LS Sliced Ham with Orange Cranberry Sauce Loaded Potatoes Peas and Pearl Onions  Rudi Roll Easter Poke Cake with Whipped Topping	28 Cranberry Juice Turkey Loaf LS Turkey Gravy Rice Green Beans  Dinner Roll  Chocolate Chip Cookies	29 Roast Beef LS Beef Gravy Baked Potato Broccoli and Carrots  Oatmeal Bread  Banana	30 <b>Good Friday Closed</b> 