

CRW - ELDER SERVICES March 2010

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar
	BBQ PORK RIB PATTIE, YELLOW RICE, CARROTS, MULTIGRAIN BREAD w/MARGARINE, FRESH ORANGE	BEEF STEW w/POTATOES & MIXED VEGETABLES, BRUSSELL SPROUTS, EGG NOODLES, DINNER ROLL w/MARGARINE, CHOCOLATE PUDDING	<u>ROASTED CHICKEN</u> w/LEMON CAPER SAUCE, BROCCOLI, HERBED MASHED POTATO, WHEAT BREAD w/MARGARINE, <u>CHERRY TURNOVER</u>	STUFFED PEPPER, BOWTIE PASTA & MARINARA SAUCE, ITALIAN BLEND VEGETABLES, ITALIAN BREAD w/MARGARINE, PINEAPPLE CHUNKS	BAKED MACARONI & CHEESE w/STEWED TOMATOES ON THE SIDE, ASPARAGUS, MULTI WHEAT ROLL w/MARGARINE, <u>SLICED PEACHES</u>
	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar
	HERB BAKED <u>CHICKEN</u> w/ L.S. GRAVY, MASHED POTATOES, HERBED CARROTS, WHOLE WHEAT BREAD w/MARGARINE, FRESH APPLE	SWEDISH MEATBALLS W/ L.S. GRAVY, HERB SEASONED WHITE RICE, WINTER SQUASH, MULTI-GRAIN WHEAT BREAD w/MARGARINE, CHILLED MANDARIN ORANGES	<u>STUFFED SHELLS</u> w/MEAT SAUCE, MIXED VEGETABLES, DINNER ROLL w/MARGARINE, PINEAPPLE CHUNKS	ROAST PORK w/L.S. GRAVY, BROCCOLI ROASTED POTATOES WHOLE WHEAT BREAD w/MARGARINE, APPLESAUCE	BAKED SCALLOPS w/LEMON CAPER SAUCE, AU GRATIN POTATO, WAX BEANS, WHEAT BREAD w/MARGARINE, VANILLA PUDDING
	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar
	ORANGE GRILLED CHICKEN BROWN RICE, ORIENTAL VEGETABLES, DINNER ROLL w/MARGARINE, FRESH APPLE	EVACUATION DAY MEAL CORNED BEEF & CABBAGE w/CARROTS, BOILED POTATOES WHOLE WHEAT DINNER ROLL w/MARGARINE, LIME GELATIN w/MIXED FRUIT *HIGH SODIUM*	EVACUATION DAY NO MEALS	MEATLOAF W/ L.S. GRAVY, CHEDDAR WHIPPED POTATOES, MIXED VEGETABLES WHOLE WHEAT BREAD w/MARGARINE, <u>CHILLED PEACH CUP</u>	<u>LASAGNA</u> , w/TOMATO SAUCE, GREEN BEANS, DINNER ROLL w/MARGARINE, BIRTHDAY CAKE w/WHIP TOPPING
	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar
	BBQ BEEF STEAK MASHED POTATOES, BROCCOLI, WHEAT BREAD w/MARGARINE, FRESH APPLE	<u>ROASTED CHICKEN</u> w/SWEET & SOUR SAUCE, SCALLOPED POTATOES, SPINACH , OATMEAL BREAD w/MARGARINE, CHOCOLATE PUDDING	EGGPLANT ROLLATINI W/ TOMATO SAUCE SLICED CARROTS, MULTIGRAIN ROLL w/MARGARINE, PINEAPPLE CHUNKS	BREADED PORK CHOP PATTIE W/ L.S. GRAVY, SWEET POTATOES, GREEN BEANS ALMANDINE, DINNER ROLL w/MARGARINE, <u>CHILLED DICED PEARS</u>	*PIER 17 FISH, MASHED POTATOES BRUSSEL SPROUTS, WHOLE WHEAT BREAD w/MARGARINE, <u>ORANGE CRANBERRY MUFFIN</u>
	29-Mar	30-Mar	31-Mar		
	SALISBURY STEAK w/LS GRAVY, MASHED POTATOES, BROCCOLI, OATMEAL BREAD w/MARGARINE, <u>APPLE TURNOVER</u>	OVEN BAKED <u>CHICKEN</u> CACCIATORE OVER LINGUINE, ITALIAN BLEND VEGETABLE, DINNER ROLL w/MARGARINE, FRESH APPLE	<u>SLICED HAM</u> w/ PINEAPPLE RAISIN SAUCE, O'BRIEN POTATOES, CARROTS WHOLE WHEAT BREAD w/MARGARINE, FRESH ORANGE		

NOTE: MILK IS SERVED WITH ALL MEALS.