

MARCH 2023 WEEKDAY MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 27 Salmon Filet with Lemon Dill Sauce Baked Potato with Sour Cream Broccoli White Wheat Bread Rice Pudding | 28 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit | 1 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce | 2 Cheeseburger on Bun Lettuce & Tomato Diced Pears Minestrone Soup Crackers  | 3 Curry Coconut Chicken Brown Rice Capri Blend Vegetables Pineapples Giant Graham Fish |
| 6 Swedish Meatballs over Egg Noodles California Blend Vegetables 12 Grain Bread Tropical Fruit | 7 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Honey Bread | 8 Pot Roast with Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream | 9 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce | 10 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae  |
| 13 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie | 14 Meatloaf with Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll | 15 Breaded Chicken Patty with Cheese & Pickles on Roll Seasoned Greens Sweet Potato Wedges Fresh Plum or Orange | 16 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread | 17 Ham & Cabbage Baked Potato Wheat Roll Cupcake Sour Cream  |
| 20 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit  | 21 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread | 22 Chicken & Dumplings Scandinavian Blend Vegetables Diced Peaches Yogurt | 23 Salisbury Steak with Gravy Mashed Potatoes Spinach Diced Pears Cornbread Loaf | 24 Cheese Ravioli in Marinara Sauce Italian Blend Vegetables Apple Crisp 12 Grain Bread Slice |
| 27 Beef Burgundy over Egg Noodles Key West Vegetables Orange 12 Grain Bread | 28 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread | 29 (birthday lunch) BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread | 30 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup with Bacon Crackers | 31 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce |

- Lunch is \$2.25 for those over 60.

- Our meals are ordered in advance. You must call or sign up for lunch by 11 a.m. the day before.

- Your signature is REQUIRED in the City Fare sign in book located on Lori's desk. City Fare requires us to authenticate each meal provided to ensure accuracy of distribution.