

CW Resources Senior Community Café

LS: Low Salt

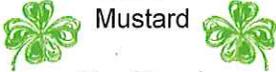


March Menu 2015

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Grilled Chicken Breast with Honey Mustard Sauce Baked Potato Capri Blend Vegetables</p> <p>Rye Bread</p> <p>Pears</p>	<p>3</p> <p>Pineapple Juice Low Salt Sliced Ham with Maple Glaze Rice Pilaf Spinach</p> <p>HAPPY BIRTHDAY</p> <p>Corn Muffin</p> <p>Birthday Cake</p>	<p>4</p> <p>Egg Bake with Broccoli Tater Tots Stewed Tomatoes</p> <p>Pumpnickel Bread</p> <p>Banana</p>	<p>5</p> <p>Orange Juice St. Louis Ribs Egg Noodles Scandinavian Veggies</p> <p>Whole Wheat</p> <p>Pecan Spinwheel</p>	<p>6</p> <p>Lentil Soup Unsalted Crackers Seafood Salad Lettuce and Tomato Pasta Primavera with Italian Dressing</p> <p>Hot Dog Roll</p> <p>Apricots</p>
<p>9</p> <p>Pulled Pork Mashed Potatoes Coleslaw</p> <p>W.W. Hamburger Roll</p> <p>Applesauce</p>	<p>10</p> <p>Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Brown Rice Ginger Baby Carrots</p> <p>12 Grain Bread</p> <p>Ice Cream Cup</p>	<p>11</p> <p>Beef Brisket LS Beef Gravy Oven Roasted Potatoes Green Beans</p> <p>W.W. Dinner Roll</p> <p>Fresh Pear</p>	<p>12</p> <p>Grape Juice Hot, Open Turkey Sandwich with LS Gravy Herbed Stuffing Romaine Salad with Thousand Island Potato Bread</p> <p>Brownie</p>	<p>13</p> <p>LS Yankee Bean Soup Unsalted Crackers Eggplant Rolatini Baked Ziti with Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Tropical Fruit Cup</p>
<p>16</p> <p>Grape Juice Stuffed Shells Meat Sauce Winter Squash</p> <p>Italian Bread</p> <p>Fresh Apple</p>	<p>17</p> <p>Holiday Lunch Cranberry Juice Corned Beef Au Jus Cabbage Boiled Potatoes Carrots Mustard</p> <p></p> <p>Rye Bread</p> <p>Shamrock Cookie</p>	<p>18</p> <p>Low Salt Ham Steak with Pineapple Glaze Buttered Noodles California Veggies</p> <p>7 Grain Bread</p> <p>Fresh Orange</p>	<p>19</p> <p>Cranberry Juice Garlic Baked Chicken with Spinach and Parmesan Cheese Scalloped Potatoes Geneva Blend Veggies</p> <p>100% Wheat Bread</p> <p>Pudding Cup</p>	<p>20</p> <p>LS Vegetable Orzo Soup Unsalted Crackers Baked Fish with Lemon Dill Sauce Couscous Hot Buttered Beets</p> <p>Multigrain Bread</p> <p>Pineapple Chunks</p>
<p>23</p> <p>Orange Juice Block & Barrel Hot Dog Steak Fries Corn with Peppers</p> <p>Hot Dog Bun</p> <p>Oatmeal Cookies</p>	<p>24</p> <p>LS Cream of Broccoli Unsalted Crackers Balsamic Roasted Chicken Breast Mashed Potatoes Zucchini 12 Grain Bread</p> <p>Cinnamon Applesauce</p>	<p>25</p> <p>Finger Lickin' Ribs with Sauce Baked Sweet Potato Cauliflower</p> <p>Corn Muffin</p> <p>Tropical Fruit Cup</p>	<p>26</p> <p>Grape Juice Roast Turkey Turkey Gravy Stuffing Green and Gold Beans Romaine Salad French Dressing 100% W. Wheat Brownie</p>	<p>27</p> <p>Crab Cakes with White Sauce Buttered Noodles Broccoli</p> <p>Rye Bread</p> <p>Citrus Selections</p>
<p>30</p> <p>Chicken Pot Pie with Carrots, Celery and Peas Diced Potatoes Chopped Spinach</p> <p>Biscuit</p> <p>Pineapple Chunks</p>	<p>31</p> <p>Ravioli Meat Sauce Garden Salad Italian Dressing</p> <p>Garlic Bread</p> <p>Fresh Orange</p>	  		