

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2024

"Bless us with good food, the gift of gab and hearty laughter. May the love and joy we share, be with us ever after!" - Irish Kitchen Prayer



**BREAKFAST**  
SCRAMBLED EGGS & GLAZED CINNAMON ROLL  
**LUNCH**  
APPLE GLAZED SLICED HAM, BRUSSELS SPROUTS, WHIPPED SWEET POTATOES, DINNER ROLL/BREAD W/ MARGARINE & PINEAPPLE UPSIDE DOWN CAKE  
**DINNER**  
GRILLED TWO CHEESE SANDWICH, CREAMY CUCUMBER & ONION SALAD, FRENCH FRIES, TOMATO SOUP & CRACKERS & CHILLED PEARS

3

**BREAKFAST**  
FRENCH TOAST & BACON  
**LUNCH**  
CHICKEN POT PIE W/ BISCUIT, TOSSED SALAD W/ DRESSING & DELUXE FRUIT SALAD  
**DINNER**  
BUTTER CRUMB TILAPIA FILLET, GREEN PEAS, BAKED POTATO W/ SOUR CREAM & MARGARINE, DINNER ROLL/BREAD W/ MARGARINE & BLONDIE BROWNIE

4

**BREAKFAST**  
SCRAMBLED EGGS W/ CHEESE & BISCUIT  
**LUNCH**  
SWEET & SOUR MEATBALLS, CAPRI VEGETABLE BLEND, STEAMED RICE, DINNER ROLL/BREAD W/ MARGARINE & SPICED PEACHES  
**DINNER**  
RANCHER'S CHICKEN THIGH, COUNTRY STYLE TOMATOES, OVEN BROWNED POTATOES, CORNBREAD & PEANUT BUTTER COOKIE

5

**BREAKFAST**  
WESTERN SCRAMBLED EGGS, BREAKFAST HAM & TOAST  
**LUNCH**  
OPEN-FACED ROAST PORK SANDWICH W/ BROWN GRAVY, HERBED GREEN BEANS, MASHED POTATOES & LEMON CAKE W/ LEMON ICING  
**DINNER**  
BAKED ZITI W/ MEAT SAUCE, STEAMED BROCCOLI FLORETS W/ LEMON, ITALIAN HERBED DINNER ROLL W/ MARGARINE & TROPICAL FRUIT SALAD

6

**BREAKFAST**  
BUTTERMILK PANCAKES & SAUSAGE PATTY  
**LUNCH**  
CRISPY BAKED CHICKEN, SAUTEED SPINACH, MACARONI & CHEESE, DINNER ROLL/BREAD W/ MARGARINE & PUMPKIN PIE  
**DINNER**  
PHILLY CHEESESTEAK SANDWICH W/ SAUTEED PEPPERS & ONIONS, MARINATED MIXED VEGETABLE SALAD, TATER TOTS & PINEAPPLE TIDBITS

7

**BREAKFAST**  
SCRAMBLED EGGS & CRANBERRY ORANGE COFFEE CAKE  
**LUNCH**  
HONEY GARLIC SHRIMP, TOSSED SALAD W/ DRESSING, RICED PILAF, DINNER ROLL/BREAD W/ MARGARINE & VANILLA ICE CREAM  
**DINNER**  
CHEESE RAVIOLI W/ MARINARA SAUCE, SEASONED GREEN BEANS, GARLIC BREAD & MANDARIN ORANGES

8

**BREAKFAST**  
BAKED CHEESE OMELET & TOAST  
**LUNCH**  
SLOPPY JOE ON A BUN, COUNTRY VEGETABLE BLEND, FRENCH FRIES & DOUBLE CHOCOLATE BROWNIE  
**DINNER**  
KIELBASA SAUSAGE, BRAISED CABBAGE, BROWN SUGAR BAKED BEANS, DINNER ROLL/BREAD W/ MARGARINE & MAPLE APPLE CRISP

9

**BREAKFAST**  
SCRAMBLED EGGS & ENGLISH MUFFIN  
**LUNCH**  
CHICKEN PARMESAN W/ SPAGHETTI NOODLES, ROASTED BROCCOLI FLORETS, DINNER ROLL/BREAD W/ MARGARINE & CHILLED PEACH PARFAIT  
**DINNER**  
GRILLED HAM & CHEESE SANDWICH, CREAMY COLESLAW, TATER TOTS & CHOCOLATE CHIP COOKIE

10

**BREAKFAST**  
FRENCH TOAST CASSEROLE & BACON  
**LUNCH**  
BREADED FISH ON A BUN W/ TARTER SAUCE, SEASONED GREEN BEANS, POTATO WEDGES & CHOCOLATE CAKE W/ PEANUT BUTTER FROSTING  
**DINNER**  
SALISBURY STEAK W/ BROWN GRAVY, SLICED GLAZED CARROTS, SEASONED RICE, DINNER ROLL/BREAD W/ MARGARINE & PINEAPPLE TIDBITS

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**BREAKFAST**  
SCRAMBLED EGGS W/ CHEESE & TOAST  
**LUNCH**  
ENCRUSTED PORK LOIN, ROASTED BRUSSELS SPROUTS, AU GRATIN POTATOES, DINNER ROLL/BREAD W/ MARGARINE & BUTTERSCOTCH PUDDING PARFAIT  
**DINNER**  
CHEESE LASAGNA, PARMESAN & HERB ROASTED CAULIFLOWER, ITALIAN HERBED DINNER ROLL W/ MARGARINE & DELUXE FRUIT SALAD

12

**BREAKFAST**  
SAUSAGE GRAVY & BUISCIT  
**LUNCH**  
THIN CRUST CHEESE PIZZA, TOSSED SALAD W/ DRESSING, GARLIC BREAD & FRUIT COCKTAIL  
**DINNER**  
CRANBERRY ORANGE CHICKEN, BRAISED CABBAGE, ROASTED RED SKIN POTATOES, DINNER ROLL/BREAD W/ MARGARINE & SNICKERDOODLE COOKIE

13

**BREAKFAST**  
SCRAMBLED EGGS & APPLE CINNAMON MUFFIN  
**LUNCH**  
ITALIAN SAUSAGE, SAUTEED SPINACH W/ GARLIC, PARMESAN NOODLES, DINNER ROLL/BREAD W/ MARGARINE & SLICED PEARS  
**DINNER**  
ROAST TURKEY W/ GRAVY, WINTER VEGETABLE BLEND, SWEET POTATO SOUFFLE, DINNER ROLL/BREAD W/ MARGARINE & BROWN SUGAR GLAZED ANGEL FOOD CAKE

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**BREAKFAST**  
EGG & CHEESE BAKE W/ TOAST  
**LUNCH**  
CORNFLOAKE CRUSTED TILAPIA FILLET, STEWED TOMATOES, CHEESY RICE, DINNER ROLL/BREAD W/ MARGARINE & DUTCH APPLE PIE W/ CRUMB TOPPING  
**DINNER**  
HOMESTYLE MEATLOAF W/ KETCHUP GLAZE, PEAS & CARROTS, MASHED POTATOES, DINNER ROLL/BREAD W/ MARGARINE & PEACH CRISP

15

**BREAKFAST**  
BUTTERMILK PANCAKES & SAUSAGE PATTY  
**LUNCH**  
CHICKEN ALFREDO W/ SPAGHETTI NOODLES, HERBED GREEN BEANS, DINNER ROLL/BREAD W/ MARGARINE & CHOCOLATE ICE CREAM  
**DINNER**  
HOT DOG ON A BUN, BAKED BEANS, CONFETTI COLESLAW & TROPICAL FRUIT SALAD

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Ramadan Begins  
Daylight Saving Time Begins

**BREAKFAST**  
SCRAMBLED EGGS & GLAZED CINNAMON ROLL  
**LUNCH**  
SPAGHETTI W/ MEAT SAUCE, BALSAMIC & PARMESAN ROASTED CAULIFLOWER, GARLIC BREAD & HONEY GLAZED PEARS  
**DINNER**  
ROTISSERIE CHICKEN, WHOLE KERNEL CORN, CHEESY MASHED POTATOES, DINNER ROLL/BREAD W/ MARGARINE & CRANBERRY CRUNCH BAR  
St. Patrick's Day

17

**BREAKFAST**  
FRENCH TOAST W/ HARVEST APPLE TOPPING & BACON  
**LUNCH**  
KIELBASA, CAPRI VEGETABLE BLEND, BROWN SUGAR BAKED BEANS, DINNER ROLL/BREAD W/ MARGARINE & CARROT CAKE W/ CREAM CHEESE FROSTING  
**DINNER**  
BAKED TILAPIA FLORENTINE, BUTTERED GREEN PEAS, RICE PILAF, DINNER ROLL/BREAD W/ MARGARINE & PEACH PARFAIT

18

**BREAKFAST**  
SCRAMBLED EGGS & GINGER PEARL COFFEE CAKE  
**LUNCH**  
BAKED MACARONI & CHEESE, TOMATOES DELMONICO, ROSEMARY DINNER ROLL W/ MARGARINE & FRUIT COCKTAIL  
**DINNER**  
CHICKEN SALAD SANDWICH W/ LETTUCE & TOMATO, BROCCOLI SALAD, POTATO CHIPS, VEGETABLE SOUP & CRACKERS & CHOCOLATE CHIP COOKIE

19

**BREAKFAST**  
BAKED CHEESE OMELET & TOAST  
**LUNCH**  
HONEY GLAZED HAM, SAUTEED SPINACH, CANDIED SWEET POTATOES, DINNER ROLL/BREAD W/ MARGARINE & MARBLE CAKE W/ WHITE FROSTING  
**DINNER**  
COUNTRY FRIED STEAK W/ MUSHROOM GRAVY, HONEY ROASTED CARROTS, OVEN BROWNED POTATOES, CORNBREAD & SCALLOPED APPLES

20

**BREAKFAST**  
BUTTERMILK PANCAKES & SAUSAGE PATTY  
**LUNCH**  
MAPLE DIJON CHICKEN BREAST, BRUSSELS SPROUTS, SAGE BREAD DRESSING, DINNER ROLL/BREAD W/ MARGARINE & BANANA PUDDING PARFAIT  
**DINNER**  
SWEDISH MEATBALLS, CAPRI VEGETABLE BLEND, MASHED POTATOES, DINNER ROLL/BREAD W/ MARGARINE & MANDARIN ORANGES

21

**BREAKFAST**  
SCRAMBLED EGGS W/ CHEESE & BISCUIT  
**LUNCH**  
SHRIMP SCAMPI, ROASTED GREEN BEANS, SPAGHETTI NOODLES, ITALIAN HERB DINNER ROLL W/ MARGARINE & TROPICAL FRUIT SALAD  
**DINNER**  
SAVORY PORK ROAST, HARVARD BEETS, AU GRATIN POTATOES, DINNER ROLL/BREAD W/ MARGARINE & PEANUT BUTTER BROWNIE

22

**BREAKFAST**  
SCRAMBLED EGGS, BREAKFAST HAM & ENGLISH MUFFIN  
**LUNCH**  
TURKEY SANDWICH W/ CRANBERRY MAYONNAISE, CREAMY CUCUMBER & ONION SALAD, POTATO CHIPS & VANILLA ICE CREAM  
**DINNER**  
CHEESE RAVIOLI W/ MARINARA SAUCE, SAUTEED SPINACH W/ GARLIC, GARLIC BREAD & PEACH CRISP

23

**BREAKFAST**  
WESTERN SCRAMBLED EGGS & TOAST  
**LUNCH**  
ROSEMARY ROAST BEEF AU JUS, SLICED PARSLEY CARROTS, BAKED POTATO, DINNER ROLL/BREAD W/ MARGARINE & HARVEST BAKED APPLES  
**DINNER**  
CHICKEN TENDERS W/ HONEY MUSTARD, ROASTED GREEN BEANS, MACARONI & CHEESE, HERBED DINNER ROLL & OATMEAL RAISIN COOKIE

24

**BREAKFAST**  
FRENCH TOAST & BACON  
**LUNCH**  
DIJON PORK LOIN, CAPRI VEGETABLE BLEND, RICE PILAF, DINNER ROLL/BREAD W/ MARGARINE & CITRUS GLAZED ANGEL FOOD CAKE  
**DINNER**  
BREADED FISH SANDWICH W/ TARTAR SAUCE, BROCCOLI FLORETS, TATER TOTS & DELUXE FRUIT SALAD

25

**BREAKFAST**  
SCRAMBLED EGGS W/ CHEESE & TOAST  
**LUNCH**  
SMOTHERED CHICKEN THIGH, WHOLE KERNEL CORN, OVEN BROWNED POTATOES, CORNBREAD & SLICED PEARS  
**DINNER**  
CLASSIC BAKED ZITI, PARMESAN & HERB ROASTED CAULIFLOWER, ITALIAN HERBED DINNER ROLL W/ MARGARINE & DOUBLE CHOCOLATE BROWNIE

26

**BREAKFAST**  
SAUSAGE GRAVY & BISCUIT & HASH BROWN  
**LUNCH**  
HOMESTYLE MEATLOAF W/ KETCHUP GLAZE, SEASONED GREEN PEAS, AU GRATIN POTATOES, DINNER ROLL/BREAD W/ MARGARINE & CARAMEL APPLE UPSIDE DOWN CAKE  
**DINNER**  
ITALIAN SAUSAGE SUB W/ PEPPERS & ONIONS, CAPRI VEGETABLE BLEND, FRENCH FRIES & TROPICAL FRUIT SALAD

27

**BREAKFAST**  
SCRAMBLED EGGS & APPLE CINNAMON MUFFIN  
**LUNCH**  
THIN CURST CHEESE PIZZA, GARLIC GREEN BEANS, DINNER ROLL/BREAD W/ MARGARINE & CHILLED PEACHES  
**DINNER**  
OPEN-FACED HOT TURKEY SANDWICH W/ GRAVY, ROASTED BRUSSELS SPROUTS, MASHED POTATOES & PUMPKIN CHEESECAKE BAR

28

**BREAKFAST**  
EGG & CHEESE BAKE & TOAST  
**LUNCH**  
LEMON DILL TILAPIA FILLET, BROCCOLI FLORETS, ROASTED RED SKIN POTATOES, DINNER ROLL/BREAD W/ MARGARINE & PINEAPPLE TIDBITS  
**DINNER**  
CHICKEN PARMESAN W/ SPAGHETTI NOODLES, TOSSED SALAD, GARLIC BREAD & CHOCOLATE ICE CREAM

29

**BREAKFAST**  
BUTTERMILK PANCAKES & BREAKFAST HAM  
**LUNCH**  
BBQ PORK ON A BUN, COUNTRY VEGETABLE BLEND, BAKED BEANS & BUTTERSCOTCH PUDDING PARFAIT  
**DINNER**  
SALISBURY STEAK W/ GRAVY, CREAMED SPINACH, GARLIC POTATO WEDGES, DINNER ROLL/BREAD W/ MARGARINE & FRUIT COCKTAIL

30

**BREAKFAST**  
SCRAMBLED EGGS & GLAZED CINNAMON ROLL  
**LUNCH**  
APPLE GLAZED SLICED HAM, BRUSSELS SPROUTS, WHIPPED SWEET POTATOES, DINNER ROLL/BREAD W/ MARGARINE & PINEAPPLE UPSIDE DOWN CAKE  
**DINNER**  
GRILLED TWO CHEESE SANDWICH, CREAMY CUCUMBER & ONION SALAD, FRENCH FRIES, TOMATO SOUP & CRACKERS & CHILLED PEARS

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Easter Sunday

**ALTERNATE CHOICES:**

<p><b>BREAKFAST:</b></p> <ul style="list-style-type: none"> <li>COLD CEREAL</li> <li>OATMEAL</li> <li>EGGS ANY STYLE</li> <li>WAFFLE OR PANCAKE</li> <li>CHOICE OF FRUIT</li> </ul>	<p><b>LUNCH AND DINNER:</b></p> <ul style="list-style-type: none"> <li>COTTAGE CHEESE</li> <li>BREADED CHICKEN SANDWICH</li> <li>PASTA WITH MARINARA SAUCE</li> <li>CHEESEBURGER</li> <li>GRILLED CHEESE</li> <li>SOUP &amp; CRCKERS (CHICKEN NOODLE, TOMATO, VEGETABLE)</li> <li>LUNCH MEAT SANDWICH (TURKEY OR HAM, AMERICAN CHEESE, WHITE BREAD)</li> </ul>	<ul style="list-style-type: none"> <li>HOT DOG</li> <li>HAMBURGER</li> <li>CHEF SALAD</li> <li>HARD BOILED EGGS</li> <li>PEROGIES</li> </ul>
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PLEASE MAKE SURE ALL MEAL SUBSTITUTE REQUESTS ARE IN 1 ½ HOURS BEFORE MEAL SERVICE BEGINS.