

FRIENDSHIP CENTER MENU MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Mar
				Lemon Herb Roasted Cod Steamed Brown Rice Roasted Winter Vegetables Orange 1% Low Fat Milk
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Chicken Pasta Alfredo Garlic Bread Green Beans Applesauce 1% Low Fat Milk	Beef Stew Whole Wheat Roll Tomato & Mushroom Orange 1% Low Fat Milk	Chicken Tostada Supreme Fiesta Coleslaw Banana 1% Low Fat Milk	Chicken Pot Pie Carrot Salad Grapes 1% Low Fat Milk	BBQ Beef Slider Chopped Salad Fruit Salad 1% Low Fat Milk
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
Honey Lemon Chicken Steamed Brown Rice Greek Salad Strawberries 1% Low Fat Milk	Roasted Pork Buttermilk Biscuit Mashed Potatoes Braised Kale Fruit Salad 1% Low Fat Milk	Minestrone Soup Breadstick Potato Salad Strawberries 1% Low Fat Milk	Chicken Cacciatore Roasted Winter Vegetables Polenta Melon 1% Low Fat Milk	Roasted Turkey Sandwich Chopped Salad Orange 1% Low Fat Milk
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
Spaghetti with Meat* Sauce Garlic Bread Caesar Salad Fruit Salad * Hungry Planet vegetable protein 1% Low Fat Milk	Turkey Noodle Soup Buttermilk Biscuit Creamy Coleslaw Banana 1% Low Fat Milk	Chicken Chile Verde Cilantro Lime Rice Zucchini Squash Fruit Salsa 1% Low Fat Milk	Vegetarian Chili Cornbread Zucchini Squash Pear 1% Low Fat Milk	Beef Stroganoff Whole Wheat Roll Peas & Onions Strawberries 1% Low Fat Milk
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
Roast Turkey Macaroni & Cheese Braised Spinach Fruit Salad 1% Low Fat Milk	Orange Chicken Steamed Brown Rice Sautéed Cabbage Pineapple 1% Low Fat Milk	Vegetable Lasagna Garlic Bread Carrot Salad Pear 1% Low Fat Milk	Cheese Enchiladas Spanish Rice Zucchini Squash Fruit Salsa 1% Low Fat Milk	BBQ Chicken Cornbread Creamy Coleslaw Grapes 1% Low Fat Milk

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