










March



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 2 | 3 | 4 | 5 | 6 |
| Shepard's Pie Cranberry Sauce Peas Carrots | Honey Dijon Chicken Potatoes Broccoli Cous Cous | Pork Shoulder w/ Black Currant Jam Sauce Brown Rice or Forbidden Rice | Baked Ham Scalloped Potatoes Spinach or Cabbage Whole Wheat Roll | Seafood Linguini w/ Tomato Chickpea Salad |
| 9 | 10 | 11 | 12 | 13 |
| Baked Ziti, Ground Beef w/ Alfredo Sauce Broccoli | Roast Chicken Roasted Carrots Roasted Asparagus Rice Pilaf | BBQ Beef Brisket Potato Salad Pinto Beans Whole Wheat Roll | Turkey Sweet Potatoes Mashed Potatoes Whole Wheat Roll | Cod w/ Lemon & Capers Jamaican Cabbage, Green Peppers Potatoes Whole Wheat Roll |
| 16 | 17 | 18 | 19 | 20 |
| Chicken Pot Pie French Bread | Corned Beef Cabbage  Happy St. Patrick's Day | Shredded Pork Sandwich Potatoes Green Beans Kabata Bread |  Roast Beef Green Beans Mashed Potatoes Whole Wheat Roll  | Almond Crusted Salmon Carrots Brown Rice Roll |
| 23 | 24 | 25 | 26 | 27 |
| Spinach/Beef Lasagna Broccoli Garlic Bread | Beef Tacos Corn Taco Shell or Flour Burrito Shell | Beef Stroganoff Green Beans | Baked Ham Scalloped Potatoes Spinach or Cabbage Whole Wheat Roll | Salmon Asparagus Mixed Orzo Pilaf |
| 30 | 31 | Sunday March 8th, 2020 | | |
|  HSC CLOSED | Chicken Parmesan w/ Pasta Green Bean Salad |    | | |

Milk, Bread or Rolls are available everyday

Meals are served 12 —1:30 p.m.

\$7 Suggested donation for seniors 60+

\$15 for guests under 60

