

TRI-CITY CAFÉ

MARCH 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All menus have no more than 800 milligrams of sodium. In the rare instance a menu has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u>.</i></p>	<p>Menu is subject to change without notice.</p> <p>Fish listed is a type of white fish. <u>NO</u> CATFISH</p>	<p>1% Lowfat milk included.</p> <p>+denotes vitamin C-rich foods</p> <p>*denotes vitamin A-rich foods</p>	<p><i>For our vegetarian participants:</i></p> <p><i>Enjoy Meatless Mondays, and know that on other service days you may enjoy a lunch of side dishes, which are mostly vegetarian.</i></p>	<p>1 Paprika Baked Chicken (quarter)</p> <p>Scalloped Potatoes</p> <p>Bavarian Red Cabbage+</p> <p>Whole Wheat Roll/Butter</p> <p>Seasonal Fresh Fruit</p>
<p>4 Chicken Chili Verde</p> <p>Steamed Brown Rice</p> <p>Zucchini-Corn-Tomato Medley</p> <p>Coleslaw+</p> <p>Seasonal Fresh Fruit+</p>	<p>5 Cheesy Vegetable Casserole (Strata- Egg/Bread)</p> <p>Seasoned Red Potatoes+</p> <p>Mixed Greens & Dressing</p> <p>Warm Fruit Compote with Oatmeal Topping</p>	<p>6 Hearty Beef Minestrone Soup</p> <p>Green Salad & Dressing</p> <p>Whole Wheat Roll</p> <p>Seasonal Fresh Fruit+</p>	<p>7 Meatloaf (Beef) with Gravy</p> <p>Mashed Potatoes</p> <p>Steamed Broccoli+</p> <p>Whole Wheat Bread</p> <p>Seasonal Fresh Fruit</p>	<p>8 Baked Lemon Capers Fish</p> <p>Mac & Cheese</p> <p>Creamed Spinach*</p> <p>Soup du Jour</p> <p>Warm Cinnamon Applesauce+</p>
<p>11 BBQ Chicken Thigh</p> <p>Seasoned Greens*</p> <p>Cornbread</p> <p>Coleslaw+</p> <p>Seasonal Fresh Fruit</p>	<p><u>SUNDAE TUESDAY</u></p> <p>12 Indian Vegetable Curry (vegetarian)</p> <p>Brown Basmati Rice</p> <p>Garlicy Spinach*</p> <p>Salad, Fruit Juice</p> <p>Fruited Greek Yogurt <i>(Contains soy)</i></p>	<p>13 Fish Chowder</p> <p>Chopped Romaine & Vegetable Salad</p> <p>Garlic Bread Stick</p> <p>Seasonal Fresh Citrus+</p>	<p>14 Chicken Chili Verde</p> <p>Steamed Brown Rice</p> <p>Zucchini-Corn-Tomato Medley</p> <p>Soup du Jour</p> <p>Seasonal Fresh Fruit+</p>	<p><u>MARCH BIRTHDAYS</u></p> <p>15 St. Patrick's Day Meal</p> <p>Corned Beef with Mustard Sauce</p> <p>Steamed Red Potatoes+</p> <p>Cabbage & Carrots</p> <p>Fruited Green Jell-o</p>
<p>18 Turkey Chili</p> <p>with Grated Cheddar</p> <p>Brown Rice</p> <p>Coleslaw+</p> <p>Warm Fruit Compote</p>	<p>19 Hearty Vegetable Stew (Beans, corn, squash, mushrooms)</p> <p>Cheesy Mashed Potatoes+</p> <p>Salad with Garbanzo Beans</p> <p>Whole Wheat Bread</p> <p>Fruited Yogurt</p> <p>Chilled Fruit Juice+</p>	<p>20 Turkey Jook (Chinese rice porridge, a.k.a. Congee)</p> <p>Whole Grain Crackers x2</p> <p>Garden Salad+* with Carrots and Asian Dressing</p> <p>Seasonal Fresh Melon+</p>	<p>21 Chicken Alfredo (breast) w/ Whole Wheat Penne Pasta</p> <p>Garlicy Italian Blend</p> <p>Vegetables*+</p> <p>Soup du Jour</p> <p>Warm Spiced Peaches</p>	<p>22 Baked Cajun Fish</p> <p>New Orleans Rice</p> <p>Creamed Kale</p> <p>Chopped Romaine Salad & Dressing</p> <p>Seasonal Fresh Fruit</p>
<p>25 Spaghetti Beef Bolognese</p> <p>Squash Medley, Salad</p> <p>Warm Cinnamon Applesauce</p>	<p>26 Stir-Fry Teriyaki Brown Rice Bowl+ (vegetarian)</p> <p>Asian Cabbage Salad</p> <p>Fruited Yogurt <i>(Contains soy)</i></p>	<p>27 Mediterranean Fish Soup</p> <p>Garden Salad with Carrots</p> <p>Whole Grain Crackers</p> <p>Applesauce+</p>	<p>28 Pulled Pork Sandwich</p> <p>on Whole Wheat Bun</p> <p>Green Beans</p> <p>Pineapple Coleslaw, Peach Crisp</p>	<p>29 Moroccan Chicken</p> <p>Green Rice (Spinach)</p> <p>Steamed Carrots</p> <p>Soup, Fresh Fruit</p>

