<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 2 Beef Stroganoff  
Egg Noodles  
Seasoned Green Beans  
Soup du Jour  
Cutie+ (citrus) | 3 South African Sweet  
Potato Stew* (vegetarian)  
Steamed Brown Rice  
Seasoned Greens*  
Garden Salad with Dressing  
Warm Spiced Applesauce+  
Contains Peanuts | 4 Thai Fish Curry Soup++  
Asian Slaw+  
Whole Grain Crackers  
Seasonal Fresh Fruit | 5 Hearty Turkey Stew+*  
Steamed Brown Rice  
Seasoned Peas  
Coleslaw+  
Seasonal Fresh Fruit | 6 Chicken Alfredo  
w/ Whole Wheat Penne Pasta  
Garlicy Broccoli*+  
Soup du Jour  
Warm Spiced Peaches |
| 9 Latin Roast Pork  
Spanish Rice  
Cuban-style Black Beans  
Pineapple Coleslaw+  
Warm Pear Crisp | 10 ICE CREAM SUNDAE Three-Bean Chili with Grated Cheddar (vegetarian)  
Brown Rice  
Garden Salad, Ambrosia+  
Contains Soy (crumble) | 11 Italian Wedding Meatball Soup (beef)  
Warm Garlic Bread  
Garden Salad* with Ranch Dressing  
Seasonal Fresh Citrus+ | 12 Chicken & Pork Sausage Jambalaya+  
Steamed White Rice  
Southern Green Beans  
Pineapple Coleslaw+  
Seasonal Fresh Fruit | 13 Baked Greek Fish (tomatoes, onions, herbs)+  
Steamed Carrots*  
Soup du Jour  
Gingered Pears |
| 16 Jerk Chicken  
with Mango Salsa+  
Brown Rice  
Seasoned Greens*  
Soup du Jour  
Seasonal Fresh Fruit | 17 St. Patrick’s Day/Birthday Corned Beef & Cabbage+* Soup  
Romaine & Orange+* Salad with Vinaigrette  
Whole Wheat Roll with Butter  
St. Patrick’s Day Cookie  
Higher Sodium Meal | 18 Vegetable Beef Meatball Soup  
Whole Grain Crackers  
Garden Salad with Dressing  
Fresh Citrus+ | 19 Maple Mustard Chicken  
Roasted Sweet Potatoes*  
Spinach+  
Whole Wheat Roll with Butter  
Applesauce+ | 20 Savory Hoisin Fish  
Steamed Brown Rice  
Garlicy Broccoli+  
Soup du Jour  
Seasonal Fresh Fruit |
| 23 Thai White Fish  
Coconut Brown Rice  
Ginger Carrots*  
Soup du Jour  
Warm Spiced Applesauce+ | 24 Indian Vegetable Curry+ (vegetarian)  
Brown Basmati Rice  
Garlicy Spinach*  
Salad & Dressing, Fruit Juice+  
Fruited Greek Yogurt  
Contains Soy (tofu) | 25 Fish Chowder  
Chopped Romaine* & Vegetable Salad  
Whole Grain Crackers  
Mandarin Oranges+ | 26 Chicken & Sausage Gumbo (no pork)  
Steamed Brown Rice  
Collard Greens*  
Coleslaw+  
Warm Spiced Pears | 27 Meatloaf (beef) with Gravy  
Fresh Whipped Yams*  
Steamed Broccoli+  
Whole Wheat Roll  
Seasonal Fresh Fruit |
| 30 Garlic Herb Chicken  
Creamy Polenta  
Broccoli+  
Soup du Jour  
Seasonal Fresh Fruit | 31 Cheesy Brown Rice Casserole with Mushrooms & Broccoli+ (vegetarian)  
Seasoned Peas  
Garden Salad  
Warm Spiced Pears | 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 Higher Sodium Meal.  
*denotes vitamin C-rich foods  
+denotes vitamin A-rich foods  
1% Lowfat milk is included with meals.  
Fish listed is either cod or tilapia.  
For our vegetarian participants: Enjoy Meatless Mondays, and know that on other service days you may enjoy a lunch of side dishes, which are nearly all vegetarian.  
Menu is subject to change without notice. | Fish listed is either cod or tilapia.  
For our vegetarian participants: Enjoy Meatless Mondays, and know that on other service days you may enjoy a lunch of side dishes, which are nearly all vegetarian.  
Menu is subject to change without notice. |