

Senior Coastsiders Menu March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> <p>Meat Loaf Mashed Potatoes Creamed Corn Green Salad Fresh Orange</p>	<p style="text-align: center;">2</p> <p>Baked Penne Pasta w/3 Cheeses Garden Salad w/ Green Pepper Garlic Bread</p>	<p style="text-align: center;">3</p> <p>Beef Stroganoff Egg Noodles Spinach Salad Dinner Roll Orange Segments</p>	<p style="text-align: center;">4</p> <p>Mildly Spiced Chicken Enchilada Casserole Rice & Beans Salad w/ Red Pepper Jell-O w Sliced Peaches</p>	<p style="text-align: center;">5</p> <p>Teriyaki Chicken Brown Rice Green Salad Broccoli Orange Juice</p>
<p style="text-align: center;">8</p> <p>Ground Turkey Tostada Shredded Lettuce and Salsa Refried Beans & Mexican Rice Fresh Tangerine</p>	<p style="text-align: center;">9</p> <p>Beef Stew w/ Carrots, Potatoes & Green Peas Biscuit Spinach Salad w/ Garbanzo Beans</p>	<p style="text-align: center;">10</p> <p><i>New Item</i> Chicken Crepes w/ Mushrooms Broccoli & Cauliflower Rice Pilaf Green Salad w/ Green Pepper</p>	<p style="text-align: center;">11</p> <p>Sausage & Cheese Pizza 3 Bean Salad Green Salad</p>	<p style="text-align: center;">12</p> <p>Pan Fried Chicken Sour Cream Mashed Potatoes Fresh Greens Whole Wheat Bread Lemon Bar</p>
<p style="text-align: center;">15</p> <p>Pork & Cider Stew Spinach Salad w/ Garbanzo Beans Dinner Roll Pears</p>	<p style="text-align: center;">16</p> <p>Chicken and Noodle Casserole Peas & Carrots Green Salad Fresh Orange</p>	<p style="text-align: center;">17</p> <p><i>St. Patrick's Day</i> Corned Beef & Cabbage Boiled Potatoes & Carrots Green Salad Biscuit</p>	<p style="text-align: center;">18</p> <p><i>Birthday Lunch</i> Green Salad w/ green pepper, kidney beans Beef Pot Roast Scalloped Potatoes Spinach Dinner Roll</p>	<p style="text-align: center;">19</p> <p>Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Cranberry Sauce Fresh Fruit</p>
<p style="text-align: center;">22</p> <p>Chicken Cacciatore Penne Pasta Spinach Green Salad Whole Wheat French Bread</p>	<p style="text-align: center;">23</p> <p>Swedish Meatballs Brown Rice Red Cabbage Green Salad Whole Wheat Bread Orange Segments</p>	<p style="text-align: center;">24</p> <p>Roast Pork Loin Mashed Sweet Potatoes Corn w/ Red Peppers Romaine Salad</p>	<p style="text-align: center;">25</p> <p>Chicken w/ Dijon Mustard Sauce Mashed Potatoes Sautéed Kale Whole Wheat Bread</p>	<p style="text-align: center;">26</p> <p>Cheeseburger w/Grilled Onion Whole Wheat Bun Potato Salad Cole Slaw Pineapple Chunks</p>
<p style="text-align: center;">29</p> <p>Swai w/ Tartar Sauce Steamed Rice Zucchini Green Salad Dinner Roll</p>	<p style="text-align: center;">30</p> <p>Cheese Ravioli w/ Meatless Marinara Broccoli Green Salad Garlic Bread</p>	<p style="text-align: center;">31</p> <p>Orange Chicken Broccoli Steamed Rice Fresh Strawberries and Melon</p>		