





# Monthly Menu

## March 2019

Fri	1	<b>MEAT LASAGNA</b> , Garden Blend Vegetables, Tossed Salad w/Yogurt Dressing, Strawberry Gelatin w/Diced Pears <b><i>Tuna Salad Nicoise, Garden Blend Vegetables, Tossed Salad w/Yogurt Dressing, Strawberry Gelatin w/Diced Pears</i></b>
Mon	4	<b>SLOPPY JOE W/POTATOES</b> , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Lemon Gelatin w/Blueberries <b><i>Chicken Fajita Wrap, Tortilla Soup, Spinach Salad w/French Dressing, Lemon Gelatin w/ Blueberries</i></b>
Tues	5	<b>TURKEY TETRAZZINI</b> , Spaghetti Noodles, Peas and Carrots, Tossed Salad w/Italian Dressing, Orange  <b><i>Grilled Vegetable Sandwich, Lentil Soup, Tossed Salad w/Italian Dressing, Orange</i></b>
Wed	6	<b>LEMONGRASS FISH</b> , Brown Rice, Garden Vegetable, Cabbage Parsley Salad, Chocolate Cake <b><i>Shepherd's Pie, Garden Vegetable, Cabbage Parsley Salad, Chocolate Cake</i></b>
Thu	7	<b>SWEET &amp; SOUR CHICKEN</b> , White Rice, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple  <b><i>Creamy Garlic Pizza, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple</i></b>
Fri	8	 <b>CHEESE RAVIOLI</b> , Italian Blend Vegetables, Navy Bean Salad, Carrot Cake <b><i>Pork Sliders, Potato Wedges, Italian Blend Vegetables, Carrot Cake</i></b>
Mon	11	<b>CHICKEN WITH RICE</b> , Mexican Blend Vegetables, Italian Slaw, Seasonal Fruit <b><i>Tuna Salad w/Tomatoes, Mexican Blend Vegetables, Seasonal Fruit</i></b>
Tues	12	<b>BEEF &amp; MACARONI CASSEROLE</b> , Country Trio Vegetable, Spinach Salad w/Italian Dressing, Orange <b><i>Open-Face Turkey Sandwich, Lentil Soup, Country Trio Vegetable, Spinach Salad w/Italian Dressing, Orange</i></b>
Wed	13	<b>PORK TENDERLOIN W/DIJON SAUCE</b> , Tri-Cut Red Potatoes, Carrot Bean Blend Vegetables, Tossed Salad w/Winter Dressing, Strawberry Luscious <b><i>Winter Salad, Carrot Bean Blend, Strawberry Luscious</i></b>

Thu	14	<b>SWEDISH MEATBALLS</b> , Spiral Noodles, Scandinavian Blend Vegetables, Navy Bean Salad, Banana  <b>Spring Pasta w/Tofu, Scandinavian Blend Vegetables, Navy Bean Salad, Banana</b>
Fri	15	<b>IRISH STEW</b> , Mashed Potatoes, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Cake <b>Lemongrass Chicken, White Rice, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Cake</b>
Mon	18	<b>TILAPIA W/LEMON PEPPER</b> , Brown Rice, Willamette Beans, Chickpea Salad, Seasonal Fruit, Chocolate Milk <b>Chicken Stir-Fry Yakisoba Noodles, Willamette Beans, Seasonal Fruit, Chocolate Milk</b>
Tues	19	 <b>BEANS AND BROWN RICE</b> , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Bread Pudding <b>Beef Taco Salad, Imperial Blend Vegetables, Bread Pudding</b>
Wed	20	<b>ROASTED PARMESAN CHICKEN</b> , Noodles, Mixed Vegetables, Tossed Salad w/French Dressing, Strawberry Pear Gelatin <b>Turkey Salad, Mixed Vegetables, Strawberry Pear Gelatin</b>
Thu	21	<b>MEAT LOAF</b> , Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple <b>Pork Gyro, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple</b>
Fri	22	<b>STIR-FRY PORK</b> , White Rice, Scandinavian Blend, Claremont Salad, Orange <b>Chicken Salad with White Beans, Scandinavian Vegetables, Orange</b>
Mon	25	 <b>BAKED PENNE PASTA</b> , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple <b>Roast Beef Sandwich, Spring Vegetable Soup, Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple</b>
Tues	26	<b>TILAPIA W/CUCUMBER SAUCE</b> , Couscous, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Bread Pudding <b>Turkey Sandwich, Potato Salad, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Bread Pudding</b>
Wed	27	<b>SOMALI CHICKEN</b> , White Rice, Garden Blend Vegetables, Pepper Coleslaw, Orange  <b>Hard Boiled Egg Salad, Garden Blend Vegetables, Orange</b>
Thu	28	<b>CHICKEN STROGANOFF</b> , Noodles, Country Trio Vegetables, Four Bean Salad, Strawberry Pear Gelatin  <b>Veggie Burger, Black Bean Soup, Country Trio Vegetables, Four Bean Salad, Strawberry Pear Gelatin</b>

Fri 29  **OMELET W/SALSA**, Tri-Cut Potatoes, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple  
 **Creamy Garlic Pizza, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple**

 *Indicates Vegetarian Entrée*