

MARCH 2023

(Meals are subject to change)

	Mon	Tue	Wed	Thu	Fri	
<p>Milk is included in all meals</p> <p>Meal Components</p> <ul style="list-style-type: none"> • 3 oz. serving meat /protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk <p>Guests/Private Pay \$5.00</p> <p>Recommended Donation for Home Delivery & Congregate Programs \$3.00</p>			<p>1</p> <p>Hot Dog Baked Beans Mixed Vegetables WG Bun Peaches</p>	<p>2</p> <p>Egg Omelet French Toast Stewed Tomatoes Lima Beans Applesauce</p>	<p>3</p> <p>Fish Patty Peas Cauliflower WG Bun Banana</p>	<p>Tremont</p> <p>Hopedale</p> <p>Pekin</p> <p>Washington Heartland Apt.</p>
	<p>6</p> <p>Hamburger Patty Broccoli Beets WG Bun Orange</p>	<p>7</p> <p>Lemon Chicken Cauliflower Mixed Vegetables WG Roll Peaches</p>	<p>8</p> <p>Meatball Marinara Corn Peas WG Bun Pineapple</p>	<p>9</p> <p>Chicken Nuggets Green beans Carrots Mandarin oranges</p>	<p>10</p> <p>Pulled Pork Sweet potatoes Cauliflower WG Bun Hot Cin. Apples</p>	
	<p>13</p> <p>Beef Tenderloin Lima Beans Carrots WG Bun Apple</p>	<p>14</p> <p>Chicken Parmesan Green beans Cauliflower WG Roll Peaches</p>	<p>15</p> <p>B.B.Q. Meatballs Corn Broccoli WG Bun Pineapple</p>	<p>16</p> <p>Sausage Patty English Muffin Stewed Tomato Peas Applesauce</p>	<p>17</p> <p>Chicken Tenders Mashed Potatoes/Gravy Mixed Vegetables Banana</p>	
	<p>20</p> <p>Sloppy Joe Beets Green beans Wg Bun Orange</p>	<p>21</p> <p>Chicken Taco Lettuce/Tomato/Cheese Black beans Corn WG Tortilla Pineapple</p>	<p>22</p> <p>Polish Sausage Saur Kraut Carrots WG Bun Peaches</p>	<p>23</p> <p>Shrimp & Grits Peas Cauliflower WG Roll Mandarin Oranges</p>	<p>24</p> <p>Pork Riblet Sweet Potatoes Mixed Vegetables WG Bun Banana</p>	
	<p>27</p> <p>Chicken Patty Carrots Broccoli WG Bun Apple</p>	<p>28</p> <p>Beef Taco Lettuce/Cheese/Tomato Refried Beans Corn WG Tortilla Peaches</p>	<p>29</p> <p>Pork Tenderloin Sweet potatoes Beets WG Bun Pineapple</p>	<p>30</p> <p>B.B.Q. Chicken Mixed Vegetables Cauliflower WG Roll Mandarin Oranges</p>	<p>31</p> <p>Ham & beans Corn Bread Green Beans Hot Cin. Apples</p>	