

MARCH 2025

MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 - Carrot Soup - Turkey Stew - Rice - AppleSauce	4 MARDI GRAS -Muffuletta Salad -Jambalaya - Fruit	5 -Lentil Salad -Grilled Chicken - Veggies - Yogurt	6 -Beet Salad - Baked Fish - Rice - Fruit	7 - Corn Soup - Raviolis - Garlic Bread - Cookies	8
9	10 - Pasta Salad - Lemon Fish - Grilled. Veggies - Yogurt	11 - Asparagus Soup - Basque Chicken - Tomato Rice - Fruit	12 - Cucumber and Dip - Vegetable Tart - Orzo - AppleSauce	13 - Salad - Chicken Wraps - Veggies - Fruit	14 - Avocado Salad - Fish and Chips - Rice Pudding	15
16	17 - Zucchini Soup - Hummus and Pita Bread - Chicken - Crispy Potatoes - AppleSauce	18 - Baby Carrots and Dip - Fish - Lemon Rice - Fruit	19 - Tomato Salad - Cassoulet - Mashed Potatoes - Yogurt	20 -Apple Salad - Beef and Shell Pasta - Roasted Carrots - Fruit	21 -Mixed Salad -Mac and Cheese -Bread -Brownies	22
23	24 - Quinoa Salad - Quiche - Veggies - Yogurt	25 - Salad - Ratatouille - Rice - Smoothie	26 - Chickpea Salad - Bell Pepper and Chicken - Creamy Orzo - AppleSauce	27 -Mixed Salad - Fish - Guacamole - Grilled Veggies - Fruit	- 28 - Turkey Sausage - Lime Chicken - Rice - Chocolate Mousse	29