

### Monday, March 2

- Orange Chicken
- Garlic Zucchini
- Cantaloupe
- Brown Rice

### Tuesday, March 3

- Beef Stir-Fry
- Broccoli
- Orange
- Wholegrain Noodles

### Wednesday, March 4

- Baked Chicken
- White Beans
- Baked Yams
- Fruit

### Thursday, March 5

- Fish Almandine
- Garlic Spinach
- Pineapple & Papaya
- Quinoa

### Friday, March 6

- Harissa Chickpeas
- Kale, Onions & Bell Peppers
- Honeydew Melon
- Wholegrain Pita

### Monday, March 9

- Beef Fajitas
- Corn
- Green Beans
- Wholegrain Tortilla

### Tuesday, March 10

- Chicken Chile Verde
- Pinto Beans
- Cantaloupe
- Brown Rice

### Wednesday, March 11

- Fish Piccata
- Sautéed Bell Peppers
- Pineapple & Papaya
- Wholegrain Pasta

### Thursday, March 12

- Beef Stew
- Garlic Kale
- Honeydew Melon
- Brown Rice

### Friday, March 13

- Poblano Chicken
- Green Beans
- Orange
- Whole Grain Pasta

### Monday, March 16

- Chicken Tikka Masala
- Roasted Eggplant
- Cantaloupe
- Brown Rice

### Tuesday, March 17

- Corned Beef
- Braised Cabbage
- Potato & Carrots
- Orange

### Wednesday, March 18

- Lemon Glazed Fish
- Sweet Potato Mash
- Pineapple & Papaya
- Quinoa

### Thursday, March 19

- Chicken Primavera
- Green Peas
- Tangerine
- Whole Grain Pasta

### Friday, March 20

- Beef Chile Colorado
- Black Beans
- Zucchini
- Kiwi

### Monday, March 23

- Fish w/ Garlic Sauce
- Spinach
- Orange
- Quinoa

### Tuesday, March 24

- Carne Asad
- Refried Beans
- Chayote w/ Onions & Tomatoes
- Kiwi

### Wednesday, March 25

- Sesame Chicken
- Parsnips
- Bamboo Shoots
- Cantaloupe

### Thursday, March 26

- Meatloaf
- Vegetable Medley
- Mashed Potatoes
- Dinner Roll

### Friday, March 27

- Chicken Pesto
- Carrots
- Honeydew Melon
- Wholegrain Pasta

### Monday, March 30

- Pepper Steak
- Green Beans, Mushrooms
- Bok Choy
- Pineapple & Papaya

### Tuesday, March 31

- Chicken Tinga
- Roasted Corn
- Cantaloupe
- Brown Rice

- Menu subject to change
- \$3 suggested donation

