

♥ Heart Healthy \*High in Sodium

Sunday, March 5, 2023

## **Lunch Menu**

### SOUP OF THE DAY

**Cream Of cauliflower**

### Salad Bar

### ENTRÉE

**Stuffed Bell Pepper**

**Green bell peppers stuffed with seasoned ground beef**

**In tomato Sauce**

**Hearty Veal Stew ♥**

**Biscuit**

### ACCOMPANIMENTS

**Fresh baked Dinner Roll**

**Broccoli ♥**

### DESSERT

**Chocolate Pudding**

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Sunday, March 5, 2023

## **Dinner Menu**

### SOUP OF THE DAY

#### **Cream Of cauliflower**

### ENTRÉE

#### **Turkey Piccata Meatballs**

Over Fresh Sautéed spinach / Mozzarella cheese  
And a lite sauce served in a skillet

#### **Chicken & Broccoli ♥**

### ACCOMPANIMENTS

Seasoned  
**French Cut Green Beans ♥**  
**Basmati Rice ♥**

### Dessert

**Assorted cakes and pies**

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Monday, March 6, 2023

## **Lunch Menu**

### **Salad Bar**

SOUP OF THE DAY

**Chicken Vegetable**

ENTRÉE

**Lemon Chicken ♥**

**Grilled Shrimp Over**

**Mixed greens, Burratta cheese, cherry tomatoes and Artichoke hearts and a homemade lemon vinaigrette dressing**

ACCOMPANIMENTS

**Roasted Potatoes ♥**

**Sweet Corn ♥**

DESSERT

**Tapioca Pudding**

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Monday, March 6, 2023

## **Dinner Menu**

SOUP OF THE DAY

**Chicken Vegetable**

ENTRÉE

**Baked Honey Ham**

**Turkey Salad ♥  
On a Bun with Cole slaw**

ACCOMPANIMENTS

**Baked Sweet Potato ♥  
Carrots Coins ♥**

DESSERT

**Assorted Cakes & Pies**

**Sugar Free Assorted Cakes & Pies**

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Tuesday, March 7, 2023

## **Salad Bar**

# **Lunch Menu**

### SOUP OF THE DAY

## **Buttered Nut Squash**

### ENTRÉE

## **Swedish Meatballs ♥**

Over Egg Noodles

## **Fish and Chips ♥**

**Side of Tartar sauce**

### ACCOMPANIMENTS

## **Baby Carrots ♥**

## **Fresh dinner roll**

### DESSERT

## **Sliced Peaches ♥**

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Tuesday, March 7, 2023

## **Dinner Menu**

### SOUP OF THE DAY

**Buttered nut Squash**

### ENTRÉE

**Pork Roll and Cheese**  
**On a bun**

**Home Made Meatloaf ♥**  
**With Gravy**

### ACCOMPANIMENTS

**Potato Chips**  
**Mashed Potato's ♥**  
**Stewed Tomatoes**

### DESSERT

**Assorted Cakes & Pies**  
**Sugar Free Assorted Cakes & Pies**

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Wednesday, March 8, 2023

## **Lunch Menu**

### **Salad Bar**

#### SOUP OF THE DAY

**Turkey Rice ♥**

#### ENTRÉE

**Home Made Crab Cake ♥**

**Beef Stew ♥**

#### ACCOMPANIMENTS

**Capri Veg ♥**  
**Yellow Seasoned Rice ♥**

#### DESSERT

**Banana Pudding**

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Wednesday, March 8, 2023

## **Dinner Menu**

### SOUP OF THE DAY

**Turkey Rice ♥**

### ENTRÉE

**Stuffed Pasta  
In Marinara Sauce**

**Chicken Salad on a Croissant ♥  
Macaroni Salad**

### ACCOMPANIMENTS

**Corn On the cob  
Seasoned Broccoli ♥**

### DESSERT

**Assorted Cakes & Pies  
Sugar Free Assorted Cakes & Pies**



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Thursday, March 9, 2023

## **Lunch Menu**

### **Salad Bar**

#### SOUP OF THE DAY

### **Cream of Mushroom**

#### ENTRÉE

**Chicken Marsala ♥  
Saffron Rice ♥**

**Grilled Meatloaf Burger  
On a Bun  
Side of Lettuce/ tomato ♥**

#### ACCOMPANIMENTS

**Italian Vegetables ♥**

#### DESSERT

**Pears**

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Thursday, March 9, 2023

## **Dinner Menu**

SOUP OF THE DAY

**Cream of Mushroom**

ENTRÉE

**Roast Beef ♥**  
**With Gravy**

**Italian Sweet Sausage \***  
**Marinara sauce**  
**Italian Peppers/Onions**  
With Pasta On the side

ACCOMPANIMENTS

**Mashed Potatoes ♥**  
**Capri Blend vegetable ♥**

DESSERT

**Assorted Cakes & Pies**

**Sugar Free Assorted Cakes & Pies**

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Friday, March 10, 2023

## **Lunch Menu**

### **Salad Bar**

#### SOUP OF THE DAY

**Manhattan clam chowder**

#### ENTRÉE

**Baked  
Flounder Fillet**

**Turkey Loaf  
Gravy**

#### ACCOMPANIMENTS

**Roasted Potatoes  
Rice pilaf  
Whole Green Beans**

#### DESSERT

**Vanilla Pudding w/Whipped topping**

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Friday, March 10, 2023

## **Dinner Menu**

### SOUP OF THE DAY

**Manhattan clam chowder**

### ENTRÉE

**Home made  
Turkey Pot Pie ♥**

**Liverwurst on Wheat bread \***  
**Sliced onions**

### ACCOMPANIMENTS

**Pasta Salad**

### DESSERT

**Assorted Cakes & Pies**

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Saturday, March 11, 2023

# **Salad Bar Lunch Menu**

## SOUP OF THE DAY

### **Split Pea**

ENTRÉE

**Pork Loin ♥  
With Gravy**

**Mushroom Swiss (Beef) Burger  
On a bun**

**With Fried Onions/ Mushrooms/Lettuce/Tomato**

## ACCOMPANIMENTS

**Waxed Beans ♥  
Curley Fries  
Mashed Potato ♥**

## DESSERT

**Pineapple Slices  
Sugar Free Jell-O**

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Saturday, March 11, 2023

## **Dinner Menu**

### SOUP OF THE DAY

## **Split Pea**

### ENTRÉE

## **Soft Shell Beef Tacos ♥**

Shredded lettuce, diced tomatoes, shredded cheddar cheese  
Side of sour cream

## **Chicken Parmesan \***

Over

**Spaghetti**  
(Tomato Sauce)

### ACCOMPANIMENTS

**Refried beans ♥**

**Mixed Veggies ♥**

### DESSERT

**Assorted Cakes & Pies**

**Sugar Free Assorted Cakes & Pies**

