

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>March is National Nutrition Month</p> 			<p>1</p> <p>Creamy Lemon Chicken Creamy lemon sauce over roasted baked chicken</p>
<p>4</p> <p>Sweet and Sour Pork Pork that is smothered in sweet and sour sauce</p>	<p>5</p> <p>Chicken Milano Chicken with garlic, sun-dried tomatoes and fresh basil.</p>	<p>6</p> <p>Roasted Pork Loin and Gravy Taste of home roasted pork loin with gravy</p>	<p>7</p> <p>Beijing Beef Beef strips sautéed with Asian spices, mixed peppers and an Asian vegetable medley</p>	<p>8</p>  <p>Tuna Salad Sandwich on Artisan Ciabatta Roll</p>
<p>11</p> <p>Korean BBQ Beef Marinated beef strips marinated in Korean seasoning</p>	<p>12</p> <p>BBQ Pulled Pork Sandwich BBQ Sauce, Pork & Hoagie</p>	<p>13</p> <p>Chile Egg Puff "A Senior Center Favorite"</p>	<p>14</p> <p>Asian Sesame Chicken Salad Romaine, chicken, won ton strips, mandarin & Asian sesame vinaigrette</p>	<p>15</p>  <p>Special St. Patrick's Day Menu</p>
<p>18</p> <p>Shepard's Pie Layered meat, mashed potatoes and vegetables</p>	<p>19</p> <p>Honey Southwest Chicken Salad Entrée salad with black beans, corn and bell peppers with chicken and honey BBQ drizzle</p>	<p>20</p>  <p>Beef Stew Cubed beef slow simmered and Vegetables</p>	<p>21</p> <p>Fish and Chips Battered and roasted cod served over fries</p>	<p>22</p> <p>Pork Au Champignons French simmered pork with onions, mushrooms, vegetables and wine</p>
<p>25</p>  <p>Closed for Cesar Chavez Day</p>	<p>26</p> <p>Pasta Bolognese Italian noodles topped with slow simmered sauce and elegantly seasoned ground beef</p>	<p>27</p> <p>Chicken Coq au Vin Chicken and vegetables topped with an elegantly balanced sherry reduction</p>	<p>28</p> <p>Egg Strada Eggs with artichokes, broccoli, asparagus, bell pepper, and ground pork</p>	<p>29</p> <p>Soy Glazed Cod Fish (Low Sodium) Asian Style roasted cod fish topped with soy sauce reduction</p>