



# March 2023

## Breakfast menu

SUN	MON	TUES	WED	THUR	FRI	SAT
Every Morning: Oatmeal, Cheerios Raisin Bran, Bran Flakes, Special K, Shredded Wheat						
Meat B- Bacon L- Sausage Link P- Sausage Patty			<b>1</b> Pastries Eggs Toast Meat (P)	<b>2</b> Cereal Eggs Toast Meat (B) Biscuits & Gravy	<b>3</b> Cereal Eggs Toast Meat (L)	<b>4</b> Cereal Eggs Toast Meat (B)
<b>5</b> Cereal Eggs Toast Meat (P)	<b>6</b> Pancakes Meat (B)	<b>7</b> Cereal Eggs Toast Meat (L)	<b>8</b> Pastries Eggs Toast Meat (B)	<b>9</b> Cereal Eggs Toast Meat (P) Biscuits & Gravy	<b>10</b> Cereal Eggs Toast Meat (B)	<b>11</b> Cereal Eggs Toast Meat (L)
<b>12</b> Cereal Eggs Toast Meat (B)	<b>13</b> French Toast Meat (P)	<b>14</b> Cereal Eggs Toast Meat (B)	<b>15</b> Pastries Eggs Toast Meat (L)	<b>16</b> Cereal Eggs Toast Meat (B) Biscuits & Gravy	<b>17</b> Cereal Eggs Toast Meat (P)	<b>18</b> Cereal Eggs Toast Meat (B)
<b>19</b> Cereal Eggs Toast Meat (L)	<b>20</b> Pancakes Meat (B)	<b>21</b> Cereal Eggs Toast Meat (P)	<b>22</b> Pastries Eggs Toast Meat (B)	<b>23</b> Cereal Eggs Toast Meat (L) Biscuits & Gravy	<b>24</b> Cereal Eggs Toast Meat (B)	<b>25</b> Cereal Eggs Toast Meat (P)
<b>26</b> Cereal Eggs Toast Meat (B)	<b>27</b> French Toast Meat (L)	<b>28</b> Cereal Eggs Toast Meat (B)	<b>29</b> Pastries Eggs Toast Meat (P)	<b>30</b> Cereal Eggs Toast Meat (B) Biscuits & Gravy	<b>31</b> Cereal Eggs Toast Meat (L)	

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# Lunch/Supper *Menu*

SUN	MON	TUES	WED	THUR	FRI	SAT
		<b>Substitutions by:</b> 10:00 for Noon Meal 3:00 for Supper Meal		<b>Chef Salad</b> <b>Hamburger</b> <b>Meat/Chz Sandwich</b> <b>Fried Egg Sandwich</b> <b>Baked Potato</b>		
			<b>1 Patty Melt</b> Cheese Burger Soup Swiss Chicken Melt	<b>2 Fried Chicken</b> Chicken Noodle Soup French Toast & Sausage	<b>3 Shrimp</b> Potato Soup Cold Cut Sandwich	<b>4 Bake Potato Bar</b> Chili & Cinnamon Rolls
<b>5 Roast Beef Dinner or Hot Beef Sandwich</b> Tomato Soup Grilled Cheese	<b>6 Chicken Alfredo</b> Beef & Rice Soup Hamburger Steak	<b>7 Indian Taco</b> Ham & Bean Soup Chicken Cordon Bleu	<b>8 French Dip</b> Cheese Vegetable Soup Friendship Casserole	<b>9 Meatballs</b> Cream of Broccoli Soup Beef Salad Sandwich	<b>10 Fish Fry</b> Chicken Noodle Soup Roast Beef Melt	<b>11 Meat and Potatoes</b> Minestrone Soup Chicken Tenders & Biscuits
<b>12 Roast Pork</b> Beef & Barley Soup Cold Cut Sandwich	<b>13 Lasagna</b> Potato Soup Tuna Salad Sandwich	<b>14 Meatloaf</b> Chicken Noodle Soup Turkey Swiss Melt	<b>15 Rieben</b> Beef Stew Irish Grilled Cheese Sandwich	<b>16 Pork Chops</b> Cream of Broccoli Soup Wrapped Irish Bangers	<b>17 St. Patty's Dinner</b> Chili & Cinnamon Rolls	<b>18 Beef &amp; Noodles</b> Potato Soup Sloppy Joes
<b>19 Roast Beef Dinner or Hot Beef Sandwich</b> Tomato Soup Grilled Cheese	<b>20 Ravioli</b> Chicken & Rice Soup Beef Salad Sandwich	<b>21 Enchiladas</b> Beef Noodle Soup Chicken & Waffles	<b>22 Philly Steak Sandwich</b> Potato Soup Chicken Mac & Cheese	<b>23 Chicken Fried Steak</b> Cream of Broccoli Soup Ham & Cheese Sandwich	<b>24 Salmon</b> Minestrone Soup Mexican Casserole	<b>25 Hamburger Steak</b> Beef & Vegetable Soup Chicken Alfredo
<b>26 Roast Beef Dinner or Hot Beef Sandwich</b> Chicken Noodle Soup Grilled Ham & Cheese	<b>27 Spaghetti</b> Potato Soup Back Yard BBQ Pizza	<b>28 Chimichangas</b> Beefy Mac Soup Chicken Swiss Melt	<b>29 Toasted Spinach Wrap Sandwich</b> Vegetable Soup Beef Stroganoff	<b>30 Beef &amp; Rice</b> Cream of Broccoli Soup Hot Dogs & Baked Beans	<b>31 Poor Man's Lobster</b> Ham & Bean Soup Chicken Tenders and Corn Bread	