

# LUNCH MENU MARCH 2020



**IMPORTANT:** To register for lunch on Monday & Tuesday sign up Friday by 1 PM  
 To register for lunch on Wednesday & Thursday sign up Tuesday by 1 PM.  
 To register for lunch on Friday sign up Thursday by 1 PM.  
 Meals are served to those registered.  
 Call 412-795-2330 or stop by the front desk. (A small donation is appreciated)

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>3/2/20</b><br>Chicken Breast with Thin Gravy<br>Brown Rice Pilaf<br>Broccoli Florets<br>Multi-Grain Bread<br>Yellow Delicious Apple | <b>3/3/20</b><br>Roast Beef & Gravy<br>Whipped Potatoes<br>Carrot Coins with Parsley<br>Rye Bread<br>Oatmeal-Raisin Cookies                                   | <b>3/4/20</b><br>BBQ Pork<br>Savory Potatoes<br>Louisiana Green Beans<br>Wheat Bun<br>Banana   | <b>3/5/20</b><br>Meatloaf with Tomato Gravy<br>Cauliflower Florets<br>Yams with Brown Sugar<br>Italian Bread<br>Fruit Cocktail                  | <b>3/6/20</b><br>Tuna Salad<br>Marinated Cucumber Slices<br>Cottage Cheese with Veggies<br>Wheat Bread<br>Orange   |
| <b>3/9/20</b><br>Apple Spice Pork with Sauce<br>Two-Rice Pilaf<br>Italian Green Beans with Red Pepper<br>Dinner Roll<br>Pear Slices    | <b>3/10/20</b><br>Chicken Dinner Salad (chicken, spinach, red peppers, cucumbers)<br>Hard Cooked Egg<br>Sliced Beets<br>Multi-Grain Bread<br>Fuji Apple       | <b>3/11/20</b><br>Salisbury Steak with Thin Gravy<br>Potatoes with Old Bay Seasoning<br>Broccoli, Carrots & Cauliflower<br>Wheat Bread<br>Orange | <b>3/12/20</b><br>Cold Roast Beef and Swiss Cheese<br>Tomatoes & Cucumbers in Italian Dressing<br>Potato Salad<br>Wheat Bun<br>Pineapple Chunks | <b>3/13/20</b><br>Baked Cod with Lemon Wedge<br>Au Gratin Potatoes<br>Creole Green Beans<br>Multi-Grain Bread<br>Apricots<br>Graham Crackers                   |
| <b>3/16/20</b><br>Sliced Turkey<br>Yams with Cinnamon & Brown Sugar<br>Mexican mixed vegetables<br>Multi-Grain Bread<br>Fruit Cocktail | <b>3/17/20</b><br><u>St. Patrick's Day</u><br>Corned Beef & Cabbage<br>Whipped Horseradish Potatoes<br>Cabbage w/ Caraway Seeds<br>Rye Bread<br>Sugar Cookies | <b>3/18/20</b><br>Chicken Breast with Mushroom Gravy<br>Gourmet Potatoes<br>Broccoli Florets<br>Dinner Roll<br>Macintosh Apple<br>BIRTHDAY PARTY | <b>3/19/20</b><br>Stuffed Cabbage with Egg Noodles<br>Carrots w/Parsley<br>Pineapple Cake with Powdered Sugar                                   | <b>3/20/20</b><br>Salmon Patty w/Lemon Sauce<br>Macaroni & Cheese<br>Stewed Tomatoes<br>Peaches and Pears  |
| <b>3/23/20</b><br>Beef Chili (beef, kidney beans, onions, celery)<br>Sautéed Yellow Beans & Zucchini<br>Orzo<br>Saltines<br>Orange     | <b>3/24/20</b><br>Pork ala Pizzalola<br>Lemon Potatoes<br>Broccoli Florets<br>Rye Bread<br>Fruit Cocktail   | <b>3/25/20</b><br>Turkey with Thin Gravy<br>Candel Yams<br>Snap Peas, Corn, Green Pepper, Lima Beans<br>Honey Wheat Bread<br>Sliced Peaches      | <b>3/26/20</b><br>Swiss Steak with Thin Gravy<br>Whipped Potatoes<br>Peas<br>Dinner Roll<br>Fuji Apple  | <b>3/27/20</b><br>Baked Cod with Dill Sauce<br>Scalloped Potatoes<br>Italian Green Beans with Red Pepper<br>Multi Grain Bread<br>Pineapple Cuts<br>Fig Newtons |
| <b>3/30/20</b><br>Pork w/Gravy<br>Whipped Potatoes<br>Mixed vegetables<br>Dinner Roll<br>Pineapple Cuts                                | <b>3/31/20</b><br>Roast Beef w/Gravy<br>Savory Potatoes<br>Tossed Salad w/Raspberry Dressing<br>Whole Wheat Bread<br>Gala Apple                               |  |   |  |

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency. Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.