March 2021		WEALS ON WHELES SENTRAL TEA		deliciai ficaldi Mella
*Due to unavailability of certain items, appropriate substitutions may need to be made. **Milk is served every meal.	TUESDAY ✓ - Vegetarian Entrée ✓ ≥ 1000mg Sodium	WEDNESDAY	THURSDAY	FRIDAY 1 Lent Cheese Omelet√ Seasoned Black Beans Stewed Tomatoes Wheat Bread Grape Juice
4 A- Teriyaki Chicken Meatballs B- Chili Garlic Beef Meatballs Northern Beans Japanese Vegetable Blend Texas Bread Fresh Fruit	A- Cheeseburger Macaroni B- Turkey Rice Casserole Green Peas Country Tomatoes Wheat Bread Fresh Fruit	A- Lemon Pepper Chicken B- Mushroom Pork Loin Brown Rice Broccoli Dinner Roll Fresh Fruit	7 A- Sloppy Joe B- BBQ Breaded Chicken Cheesy Parslied Potatoes Mixed Vegetables Hamburger Bun Fruited Lemon Gelatin	Spaghetti Torte (*) Garlic Parmesan Cauliflower Green Beans with Onions Wheat Bread Cranberry Juice
A- Ron Lantz's Meatloaf with Brown Gravy B- Mozzarella Breaded Chicken Roasted Sweet Potatoes Brussels Sprouts Wheat Bread Fresh Fruit	A- Black Bean Chicken B- Peking Pork Brown Rice Sweet and Sour Carrots Dinner Roll Fresh Fruit	A- Gourmet Turkey Salad B- Salmon Pasta Salad Vegetable Couscous Salad Cucumber and Onion Salad Saltine Crackers Fresh Banana	A- Rosemary Butter Sliced Ham B- Creamy Paprika Chicken Pinto Beans Okra and Tomatoes Texas Bread Fruited Lime Gelatin	15 Closed – No Delivery
A- Ham, Red Beans and Rice B- Chicken Etouffee Couscous Cabbage Texas Bread Fresh Fruit	A- Beef with Mushroom Gravy B- Chicken Piccata Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana	A- Tofu Fried Rice V B- Five Spice Chicken Lentils Japanese Vegetable Blend Texas Bread Fresh Fruit	A- Sliced Turkey Breast and Swiss Cheese B- Sliced Ham and Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Fruited Cherry Gelatin Mustard	Tuna Macaroni and Cheese Green Peas Parslied Carrots Wheat Bread Grape Juice
A- Balsamic Brown Sugar Glazed Beef B- Bechamel Chicken Meatballs Lemon Herb Pasta Peas and Carrots Wheat Bread Fresh Fruit	A- Citrus Pork B- Honey Baked Chicken Whipped Potatoes with Skins Brussels Sprouts Dinner Roll Fresh Orange	A- Dan Pruett's Hamburger Patty B- Breaded Chicken Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup	28 Easter Honey Glazed Ham Baked Sweet Potato Herbed Green Beans Dinner Roll Fudge Cream Cookie Margarine	29 Closed – No Delivery