











MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Salisbury Beef with Brown Gravy Pesto Chicken Lentils Cauliflower Wheat Bread Fresh Fruit</p>	<p>4</p> <p>Moroccan Chicken Stew Ground Beef Stew Couscous Cabbage Texas Bread Fresh Fruit</p>	<p>5</p> <p><i>Ash Wednesday</i> John Yocum's Lemon Pepper Pollock Penne Florentine Lemon Zest Broccoli Wheat Bread Fresh Orange</p>	<p>6</p> <p>Breaded Chicken with Gravy Pork Roast with Onion Gravy Northern Beans Herbed Green Beans Dinner Roll Fruited Cherry Gelatin</p>	<p>7</p> <p>Lent Three Cheese Ziti  Green Peas Glazed Carrots Texas Bread Grape Juice</p> 
<p>10</p> <p>Ham, Red Beans and Brown Rice Chicken Etouffee Couscous Cabbage Texas Bread Fresh Fruit</p> 	<p>11</p> <p>Beef with Mushroom Gravy Breaded Chicken Piccata Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana</p>	<p>12</p> <p>Tofu Fried Rice  Five Spice Chicken Lentils Japanese Vegetables Texas Bread Fresh Fruit</p>	<p>13</p> <p><i>Cold Meal</i> Sliced Turkey and Swiss Cheese Sliced Ham and Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Fresh Fruit Mustard</p>	<p>14</p> <p>Lent Tuna Macaroni and Cheese Green Peas Parslied Carrots Wheat Bread Grape Juice</p>
<p>17</p> <p>Coconut Chicken BBQ Mustard Beef Meatballs Confetti Brown Rice Japanese Vegetables Texas Bread Fresh Fruit</p> 	<p>18</p> <p>Swiss Steak Turkey and Dumplings Chili Beans Stewed Okra Texas Bread Fresh Fruit</p>	<p>19</p> <p>Breaded Chicken with Gravy Rosemary Pork Loin Oven Roasted Sweet Potatoes Brussels Sprouts Wheat Bread Fresh Fruit</p>	<p>20</p> <p>Balsamic Glazed Beef Meatballs Veracruz Chicken Lima Beans Lemon Zest Broccoli Wheat Bread Fruited Strawberry Gelatin</p>	<p>21</p> <p>Closed – No Delivery</p>
<p>24</p> <p>Beef with Country Gravy Onion Breaded Chicken Whipped Potatoes with Skins Garden Vegetables Texas Bread Fresh Fruit</p> 	<p>25</p> <p>Turkey Pasta Bolognese Heavenly Ham Whole Kernel Corn Mixed Greens Wheat Bread Fresh Banana</p>	<p>26</p> <p>Hunan Style Tofu  Mongolian Chicken Lima Beans Broccoli and Carrots Texas Bread Fresh Fruit</p>	<p>27</p> <p>Pesto Chicken Steakhouse Beef Lemon Herb Pasta Green Beans Texas Bread Fresh Fruit</p>	<p>28</p> <p>Lent Cheese Omelet  Seasoned Black Beans Stewed Tomatoes Wheat Bread Grape Juice</p>
<p>31</p> <p>Tim Andrew's BBQ Pork Rib Patty Dijon Herb Chicken Meatballs Baked Beans California Vegetables Wheat Bread Fresh Fruit</p>			<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>	<p> - Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>