

March 2020

Name: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cream of Broccoli Soup Shepherd's Pie Mashed Potato Whole Wheat Biscuit Lorna Doone Cookies Turkey Club	3 Escarole and Bean Soup Baked Ziti w/ Meat sauce Tossed Salad Italian Bread (White Wheat) Fruit Cup Ham and Provolone on Wheat	4 Minestrone Soup Lemon Chicken Sweet Potatoes Green Beans Brownie Chef Salad	5 Cream of Mushroom Soup Beef Tips Mashed Potato Peas and Onions Coffee Cake Chicken Caesar Salad	6 Navy Bean Soup Garlic Chicken Brown Rice Pilaf Broccoli Fruit Cup Tuna Salad Sandwich
9 Lentil Soup Bacon Cheeseburger on Whole Wheat Roll Three Bean Salad / Chips Fruit Salad Egg Salad on Wheat Bread	10 Vegetable and Noodle Soup Breaded Chicken w/ Gravy 100% Fruit Juice Mix Vegetable Pudding Pastrami Rueben	11 Fruit Salad Scrambled Eggs Home fries Baked Ham WG French Toast w/ Syrup	12 Kale and Bean Soup Beef Cacciatore Wild Rice (WG) Roasted Zucchini Pound Cake Chicken Salad on Wheat Bread	13 N.E. Clam Chowder Crab Cakes Cole Slaw Green Beans Lemon Cake Cheeseburger w/ lettuce & tomato on wheat roll
16 Split Pea Soup Swedish Meatballs Mashed Sweet Potato Cauliflower Chocolate Cake Cobb Salad	17 St Patrick's Day Potato & Leek Soup Corned Beef w/Cabbage, Carrots & Potatoes Irish Soda Bread Holiday Dessert	18 Creamy Tomato Soup Beef Tacos w/ Lettuce Sour Cream Rice (WG)/ Wax Beans Fruit Cup Italian Grinder	19 St Joseph's Day Pasta Faggioli Chicken Osso Buco Mashed Potato Spinach Zeppole	20 Mushroom Barley Soup Fish Sandwich on Whole Wheat Roll / Pasta Salad Broccoli Pudding Greek Salad w/Chicken
23 Vegetable Soup Orange Chicken Garlic Noodles Eggroll Chocolate Chip Cookies Meatball Sandwich on Wheat	24 White Bean Soup Honey Butter Chicken Macaroni Salad Peas and Carrots Fruit Cup Tuna Salad on Wheat Roll	25 Chicken Soup Spaghetti w/ Bolognese Sauce Tossed Salad Whole Wheat Roll Pudding BBQ Chicken Sandwich	26 Birthday Party Italian Wedding Soup Stuffed Chicken Florentine Mashed Potato Baby Carrots Cup Cakes Roast Beef on Bulkie	27 Minestrone Soup Hot Turkey Sandwich w/Gravy Stuffing (WG) Peas Fruit Cup Seafood Salad Plate
30 Tomato Soup Meatloaf w/ Gravy Mashed Potato Mix Vegetable Brownie Turkey and Swiss on Roll	31 Chicken and Escarole Soup Pork Loin Pot Roast Green Beans Whole Wheat Roll Fruit Cup Grilled Chicken Sandwich	Suggested donation is \$3.00 per meal Thank you for your donations. Donations help to maintain the meal program.	BLACKSTONE HEALTH CAFÉ Our meals are created by Encore Catering of Warwick RI. All menu item may contain nuts, seeds, beans, wheat, bran, and other allergens. Please call Blackstone Health at 728-5480 with any questions	All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens <u>Nutrition Info Per Meal</u> Calories: 700+ Fat: 21g+ Sodium: under 750mg