



City Fare Menu March 2019






Monday

Tuesday

Wednesday

Thursday

Friday

				3/1 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish
3/4 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit	3/5 Chicken Gumbo Creole Style Beans Tropical Fruit Salad Wheat Roll Mardi Gras Cupcake 	3/6 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream	3/7 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce	3/8 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae
3/11 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie	3/12 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread	3/13 Ham & Cabbage Baked Potato Wheat Roll Cupcake Sour Cream 	3/14 Chili w. Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream	3/15 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Diced Pears Chocolate Pudding
3/18 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread	3/19 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread	3/20 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt	3/21 Ham & Swiss on Club Roll Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers	3/22 Cheese Ravioli in Marinara Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice
3/25 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread	3/26 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	3/27 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread 	3/28 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup w. Bacon Crackers	3/29 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.
- Suggested minimum donation for persons 60+ is \$2.25. People under age 60 must pay \$5.25