



# MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Turkey Chili Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>4</b> Beef Pot Roast Roasted Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Skim Milk Apple Pie	<b>5</b> Honey Glazed Pork Chop Baked Sweet Potato Half Steamed Cabbage Chilled Fruit Cup Skim Milk Whole Wheat Roll/Bread	<b>6</b> Bourbon Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Skim Milk Fruited Ambrosia	<b>7</b> Dijon Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk
<b>10</b> Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	<b>11</b> Seafood Gumbo Steamed or Baked Rice Collard Greens Fresh Fruit Soft Skim Milk Whole Wheat Roll/Bread/Marg	<b>12</b> Greek Roasted Chicken Couscous With Roasted Veg Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	<b>13</b> French Dip Sandwich Baked Steak Fries Pickled Beets Apple Crisp Skim Milk	<b>14</b> Split Pea Soup Egg Salad Sandwich Macaroni Salad Fig Cookie Bar
<b>17</b> <i>Happy St Patrick's Day</i> Fish Patty Scalloped Potatoes Cole Slaw Banana Cream Pudding Skim Milk Whole Wheat Roll/Bread	<b>18</b> Pork & Veg Stir Fry Steamed Or Baked Rice Sugar Snap Peas Asian Blend PineappleW/Mand Oranges Skim Milk Whole Wheat Roll/Bread	<b>19</b> Tamale Pie Chuckwagon Corn Gelatin Skim Milk	<b>20</b> <i>Welcome Spring</i> Chicken Alfredo W/Pasta Cucumber Tomato Salad Whole Wheat Roll/Bread Ice Cream Skim Milk	<b>21</b> Baked Potato Bar Steamed Broccoli Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk
<b>24</b> Sausage & Peppers Filling Lettuce And Tomato Salad Potato & Cheese Pierogies Applesauce Skim Milk Whole Wheat Roll/Bread	<b>25</b> Egg Sandwich American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	<b>26</b> Chicken Linguine W/Spinach Herb Pesto Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	<b>27</b> Glazed Meatloaf Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Rice Pudding Skim Milk	<b>28</b> Tuna Noodle Casserole Steamed Broccoli Whole Wheat Roll/Bread Mandarin Oranges Skim Milk
<b>31</b> Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk				



**DELAWARE HEALTH AND SOCIAL SERVICES**  
 Division of Services for Aging and Adults with Physical Disabilities

"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."

Menu items subject to change due to availability.



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