March 2024 MENU

\begin{tabular}{|c|c|c|c|c|c|c|}
\hline Sunday \& Monday \& Tuesday \& Wednesday \& Thursday \& Friday \& Saturday \\
\hline \& \& \& \& \& \begin{tabular}{l}
1 Mar \\
BREAKFAST \\
A. Grilled Turkey Sausage \\
B. French Toast \\
C. Pancakes \\
D. Bacon \\
LUNCH \\
A. Polish Sausage \\
B. Baked Salmon \\
C. Hamburger Yakisoba \\
DINNER \\
A. Roast Beef \\
B. Shrimp Scampi \\
C. German Chicken Schnitzel
\end{tabular} \& \begin{tabular}{l}
2 Mar \\
BREAKFAST \\
A. Grilled Turkey Sausage Patty \\
B. French Toast \\
C. Pancakes \\
D. Bacon \\
LUNCH \\
A. Santa Fe Glazed Chicken B. Baked Dijon Pork Chop \\
C. Beef Ball Stroganoff \\
DINNER \\
A. Salmon w/Maple Ginger Glazw \\
B. Turkey Chili Macaroni C. Pasta Primavera
\end{tabular} \\
\hline 3 Mar
BREAKAST
A. Turkey Bacon
B. French Toast
C. P.ancakes
D. Bacon
LUNCH
A. Cheese Manicotti
B. Creole Shrimp
C. Lemon Pepper Baked Chicken
DINNER
A. Lemon Baked Fish
B. Beef Pot Pie
C.Herbed Baked Chicken \& \begin{tabular}{l}
4 Mar \\
BREAKFAST \\
A. Grilled Turkey Sausage \\
B. Bacon \\
C. Pancakes \\
D. French Toast \\
LUNCH \\
A. Savory Baked Chicken \\
B. Stuffed Green Peppers C. Tuna Noodles \\
DINNER \\
A. Southwestern Sweet Potatoes, Black Beans and Corn B. Beef Stew C. Cajun Chicken
\end{tabular} \& \begin{tabular}{l}
5 Mar BREAKFAST \\
A.Turkey Sausage B. French Toast C. Pancakes \\
D. Bacon \\
LUNCH \\
A.Meatloaf \\
B. Baked Fish \\
C. Baked Chicken \\
DINNER \\
A. BBQ Beef Cubes B. Southwestern Fish C. Beef Fajitas
\end{tabular} \& 6 Mar
BREAKAST
A. Eurkey Bacon
B. French Toast
C. Pancakes
D. Bacon
LUNCH
A. Lemon Basil Shrimp Pasta
B.Jamaican Chicken
C. Roast Pork Tenderloin
DINNER
A. Grilled Steak
B. Mediteranean Salmon
C.Oven Fried Chicken \& 7 Mar
BREAKFAST
A. Turkey Sausage
B. Bacon
C. Pancakes
D. French Toast
LUNCH
A. Honey Ginger Chicken
B. BBQ Brisket
C. Grilled Salmon w/ Citrus Butter
DINNER
A. Crispy Oven Baked Chicken
B. Rast Beef
C. Parmesan Crusted Cod \& \begin{tabular}{l}
8 Mar BREAKFAST \\
A. Turkey Sausage B. French Toast C. Pancakes \\
D. Bacon \\
LUNCH \\
A. Chicken Florentine \\
B. Italian Broccoli Pasta C. Stuffed Baked Prok Chops \\
DINNER \\
A. Savory Baked Chicken B. Oven Fried Fish \\
C. Turkey Chili Mac
\end{tabular} \& \begin{tabular}{l}
9 Mar BREAKFAST \\
A. Turkey Bacon B. French Toast C. Pancakes D. Bacon \\
LUNCH \\
A. Hot \& Spicy Chicken B. Ziti with Meat Sauce C. Shrimp Scampi \\
DINNER \\
A. Beef Stir Fry B. Baked Stuffed Fish C. Chicken Bulgogi
\end{tabular} \\
\hline \begin{tabular}{l}
10 Mar BREAKFAST A. Turkey Sausage B. French Toast C. Pancakes D. Bacon \\
LUNCH \\
A.Shrimp Jambalaya \\
B. Southern Fried Chicken C. Turkey Lasagna \\
DINNER \\
A. Baked Dijon Pork \\
B. Chili Mac \\
C. Baked Salmon
\end{tabular} \&  \& 12 Mar
BREAKFAST
A. Turkey Bacoon
B. French Toast
C. Pancakes
D. Bacon
LUNCH
A.Pepper Steak
B. Tuna Noodles
C. BBQ Chicken
DINNER
A. Steak Ranchero
B.Sweet and SSicy Orange Salmon
C. Chicken Enchilada \& 13 Mar
BREAKFAST
A. Turkey Sausage
B. French Toast
C. Pancakes
D. Bacon
LUNCH
A. Beef Brogul
B.Fish Onion-Lemon Baked
C. Pork Adobo
DINNER
A. Hamburger Yakisoba
B. Cranberry Glazed Chicken
C. Baja Baked Cod \& \begin{tabular}{l}
14 Mar
BREAKFAST
A. Turkey Sausage
B. French Toast
C. Pancakes
D. Bacon
LUNCH \\
A. Turkey Spinach Meatloaf \\
B. Marinated Tomatoes with Penne and Basil \\
C. Pineapple BBQ Meatballs \\
DINNER \\
A. BBQ Beef Cubes \\
B. Chicken Enchilada \\
.Baked Florentine Turkey Roulade
\end{tabular} \& \begin{tabular}{l}
15 Mar BREAKFAST \\
A. Turkey Bacon \\
B. Bacon \\
C. Pancakes \\
D. French Toast \\
LUNCH \\
A.Swiss Steak w/ Brown Gravy \\
B. Baked Salmon \\
C. Hot \& Spicy Chicken \\
DINNER \\
A. Lasagna \\
B. Chicken Cacciatore \\
C. Italian Broccoli Pasta
\end{tabular} \& 16 Mar
BREAKFAST
A. Turkey Sausage
B. French Toast
C. Pancakes
D. Bacon
LUNCH
A.Honey Siracha Chicken
B.Chili Mac
C. Shrimp Scampi
DINNER
A. Jamaican Chicken
B. Braised Spareribs
Grilled Salmon w/Citrus Butter \\
\hline 17 Feb
BREAKFAST
A. Turkey Sausage
B. French Toast
C. Pancakes
D. Bacon
LUNCH
A. Corned Beef
B. Baja Baked Cod
C. Honey Mustard Chicken
DINNER
A.Mediterranean Salmon
B.Polish Sausage
C. Swedish Meatballs \& 18 Feb
BREAKFAST
A. Turkey Bacon
B. Bacon
C. Pancakes

A. Oriental Pepper Steak
B.C.icken Parmesan
C. Baked Fish wLemon Garlic
Butter
DINNER
A. Pork Roast Tenderloin
B. Tuna Noodles
C.Savory Baked Chicken \& 19 Mar
BREAKFAST
A. Turkey Sausage
B. French Toast
C. Pancakes
D. Bacon
LUNCH
A. Basil Baked Fish
B.Pasta Provencal
C. Teriyaki Chicken
DINNER
A. Baha Fish Tacos
B. Baked Mexican Chicken
C. Beef Stir Fry \& 20 Mar
BREAKFAST
A.Turkey Sausage
B. French Toast
C. Pancakes
D. Bacon
LUNCH
A. Grilled Pork Chops
B. Cajun Meatloaf
C. Parmesan Cod
DINNER
A.Fish Onion-Lemon Baked
B.Simmered Beef
C. Cajun Chicken \& 21 Mar
BREAKFAST
A. Turkey Bacon
B. Bacon
C. Pancakes
A. Pork Adobo
B.Spinach Lasagna
C. Baked Florentine Turkey Roulade
DINNER
A. Baked Salmon
B.Pineapple BBQ Meatballs
C. Chicken Parmesan \& 22 Mar
BREAKFAST
A. Turkey Sausage
B. French Toast
C. Pancakes
D. Bacon
LUNCH
A. Stuffed Green Peppers
B. Oven Fried Chicken
C. Cheese Manicotti
DINNER
A. Turkey and Spinach Meatloaf
B Crisy Oven aked Chicken
C.Parmesan Cod \& 23 Mar
BREAKFAST
A. Turkey Sausage
B. French Toast
C. Pancakes
D. Bacon
LUNCH
A. Baked Chicken
B. Beef Bulgogil
C. Shrimp Scampi
DINNER
A. Honey Ginger Chicken
B. Salisisury Steak
C.Cheese Manicotti \\

\hline | 24 Mar |
| :--- |
| BREAKFAST |
| A. Turkey Bacon |
| B. French Toast |
| C. Pancakes |
| D. Bacon |
| LUNCH |
| A. Stir Fry Chicken w/Broccoli |
| B. Teriyaki Steak |
| C. Shrimp Stir-Fry |
| DINNER |
| A. Baked Fish |
| B. Pasta Primavera |
| C.Teriyaki Chicken | \&  \&  \& | 27 Mar |
| :--- |
| BREAKFAST |
| A. Turkey Sausage |
| B. French Toast |
| C. Pancakes |
| D. Bacon |
| LUNCH |
| A. Shrimp Kabob |
| B. Ginger BBQ Chicken |
| C. Lemon Basil Pasta |
| DINNER |
| A. Marinated Tomatoes w/ Penne And Basil |
| B.Sweet Chilli BBQ Meatballs C.Sweet \& Spicy Orange Salmon | \& | 28 Mar |
| :--- |
| BREAKFAST |
| A. Turkey Bacon |
| B. Bacon |
| C. Pancakes |
| D. French Toast |
| LUNCH |
| A. Honey Mustard Chicken |
| B. Ziti with Meat Sauce |
| C. Baked Fish |
| DINNER |
| A. Hot and Spicy Chicken B. Pasta Toscano |
| C. Cantonese Spareribs | \& | 29 Mar |
| :--- |
| BREAKFAST |
| A. Turkey Bacon |
| B. Bacon |
| C. Pancakes |
| D. French Toast |
| LUNCH |
| A. Honey Mustard Chicken |
| B. Ziti with Meat Sauce |
| C. Baked Fish |
| DINNER |
| A. Hot and Spicy Chicken B. Pasta Toscano |
| C. Cantonese Spareribs | \& | 30 Mar |
| :--- |
| BREAKFAST |
| A. Grilled Turkey Sausage |
| B. French Toast |
| C. Pancakes |
| D. Bacon |
| LUNCH |
| A. Polish Sausage |
| B. Baked Salmon |
| C. Hamburger Yakisoba |
| DINNER |
| A. Roast Beef |
| B. Shrimp Scampi |
| C. German Chicken Schnitzel | \\


\hline | 31 Mar |
| :--- |
| BREAKFAST |
| A. Grilled Turkey Sausage Patty |
| B. French Toast |
| C. Pancakes |
| D. Bacon |
| LUNCH |
| A. Santa Fe Glazed Chicken B. Baked Dijon Pork Chop C. Beef Ball Stroganoff |
| DINNER |
| A. Salmon w/Maple Ginger Glazw |
| B. Turkey Chili Macaroni C. Pasta Primavera | \& \& \& \& \& \& \\

\hline * Breakfast entrees are served with hard boiled eggs, breakfast potatoes, brown rice, oatmeal \& a biscuit. \& * All entrees are accompanied with one starch, two vegetable sides and bread. \& *Salad is a daily entrée option for RoM lunch and dinner. \& * Lettered Entrees are RoM Menu items. \& *All menu items may be subject to change \& \& \\
\hline
\end{tabular}

