


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
				Chicken Pozole (Hominy) Onion/Cabbage/Radish/Cilantro Romaine & Orange Salad Fresh Fruit	Caldo de Res (Beef Soup) Rice (Cabbage, corn, zucchini) Fresh Fruit
4	5	Ash Wednesday 6	7	8	9
Braised Beef w/ gravy Mashed Potatoes Peas & Onions Veg & Barley Soup Pear Fresh Fruit	Chicken Mole Mexican Rice Corn Garden Salad Fresh Fruit	Cheese Tortellini w/ Marinara (pasta) Italian Mixed Vegetables Italian Bean Soup Orange	Marsala Chicken Diced Potatoes Spinach Spring Green Salad Fresh Fruit	Mediterranean Fish Steamed Rice Winter Blend Veg Tossed Salad Fresh Fruit	Albondigas (Beef) Rice (Carrots, Chayote, Green beans) Cantaloupe
11	12	13	14	15	16
Sweet & Sour Chicken Long grain rice Broccoli Vegetable Soup Fresh Fruit	Meatloaf w/ gravy Scalloped Potatoes Peas & Carrots Caesar Salad Fresh Fruit	Chicken Parmesan Brown Rice Capri Mixed Vegetables Split Pea Soup Orange	Pasta Bolognese (Turkey) Penne Pasta Mixed Greens Tossed Salad Fresh Fruit	Breaded Fish w/ tartar sauce Rice Green Beans Garden Salad Citrus Fruit	Mexican Fish Stew Rice (Cabbage, corn, zucchini) Banana
St. Patrick's Day 18	19	20	21	22	23
Corned Beef Boiled Potatoes Carrots & Cabbage Fruit Cocktail	Chicken w/Valencia Sauce Brown Rice Brussel Sprouts Spring Greens Salad Fresh Fruit	Turkey Breast w/ gravy Red Potatoes Green Beans Tomato Basil Soup Orange	Chicken Chow Mein (noodles) Broccoli Spinach Salad Fresh Fruit	Chile & Lime Fish Rice Spinach Black Bean & Corn Salad Fresh Fruit	Sopa de Pollo (Chicken Soup) Rice (Garbanzo beans, green beans, cabbage) Fresh Fruit
25	26	27	28	29	30
Coconut Curry Chicken Long Grain Rice Asian Mix Vegetables Asian Mushroom Soup Fresh Fruit	Mushroom Beef Garlic Mashed Potatoes Mixed Greens Tossed Salad Fresh Fruit	Pasta Primavera (pasta) Broccoli Lentil Soup Fresh Fruit	Beef Tacos Seasoned Pinto Beans Mixed Vegetables Tomatoes & Lettuce Flour Tortilla Citrus Fruit	Lemon Herb Fish Rice Pilaf Green Beans Spring Greens Salad Banana	Chile Verde Stew (Pork) Rice (Cabbage, Chayote, Carrots) Fresh Fruit