


Friendship Circle Menu

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
3 oz Hamburger Patty on **Whole Wheat Bun Slices of Lettuce, Tomato, Onion *1/2 c Potato Salad * 1/2 c pears *8 oz 1% milk	Stuffed Chicken breast with Gravy 4 oz steamed carrots 1/2 cup apple sauce 4 oz cranberry juice 1 pc margarine *8 oz 1% milk	*(2)Stuffed Green Peppers (with rice and ground meat) *Mashed Potatoes *1 slice wheat bread *fresh apple *8 oz 1% milk 1 pc margarine	Chicken Salad Sandwich on whole wheat bun Celery and carrot sticks 1 oz bag of chips *1/2 c peach halves *8 oz 1% milk 1 pc margarine	*Macaroni & Cheese Stewed Tomatoes 1/2 cup Zucchini wedges 1 pc margarine *Banana *8 oz 1% milk
9	10	11	12	13
3 oz Roast Turkey with Gravy 1/2 c. Broccoli *1/2 c bread stuffing *Whole wheat dinner roll Banana Cranberry sauce pc *8 oz 1% milk 1 pc margarine	Philly Steak with Onions on **Whole Wheat Roll *1/2 c baked tater tots *1/2 c sliced peaches *8 oz 1% milk 1 pc margarine	Chicken Stir Fry (3 oz chicken 1 c. vegetables) *1/2 c brown rice Whole wheat dinner roll 1 pc margarine *1/2 mandarin orange slices *8 oz 1% milk	Sloppy Joe sandwich on a ** whole wheat Bun 1/2 cup carrots *fresh orange 1 pc margarine *8 oz 1% milk	*Vegetable Lasagna (3 oz cheese, 1 cup veg) *Garlic bread stick 1c Tossed Salad w/ dressing *1/2 c. fruit cocktail 1 pc margarine *8 oz 1% milk
16	17	18	19	20
3 oz Meatloaf with Gravy *1/2 c. Roasted Red potatoes *Wheat Dinner roll 1/2 c. Steamed broccoli *peach halves *8 oz 1% milk 1 pc margarine	3 oz Corned Beef 1/2c. steamed cabbage 1/2 c. carrots *Soda bread *Fresh Apple *8 oz 1% milk 1 pc margarine 	2 **Soft Shelled Tacos w/ shredded lettuce & tomato (1 oz cheese and beef each) 1 cup rice and beans 1 oz sour cream 1 fresh orange *8 oz 1% milk	Veal Parmesan *1/2 c. whole wheat pasta Tossed salad Italian Green Beans *Garlic Bread Stick *1/2 c Fruit cocktail *8 oz 1% milk margarine	Fish sandwich on whole wheat bun Lettuce & tomato slices 1 Tbs Tartar sauce 4 oz tater tots 1/2 c. cole slaw banana *8 oz 1% milk
23	24	25	26	27
BBQ pulled pork Sandwich on a whole wheat Bun 1/2 c cole slaw 4 oz sweet potato fries *1/2 c. apple sauce *8 oz 1% milk	Oven Fried Chicken 1/2 c. mixed vegetables Country biscuit *8 oz 1% milk *2 pear halves 1 pc margarine	3 oz Chicken Fingers 1 Tbsp honey mustard *1/2 c. Tater Tots 1/2 cup corn 1 pc margarine *1 Banana *8 oz 1% milk	*Hot Open faced Turkey Sandwich w/ gravy (3oz turkey/slice wheat bread) *1/2 cup Mashed potatoes 1/2 cup steamed baby carrots 1 pc cranberry sauce 1 pc margarine * Fresh apple *8 oz 1% milk	** (4) Cheese Ravioli w/ marinara sauce 1/2 c broccoli *Garlic Bread Stick Tossed Salad with dressing *1/2 c peach halves *8 oz 1% milk 1 pc margarine 1 pc parmesan cheese
30	31	April 1	2	3
*(2)Stuffed Green Peppers (with rice and ground meat) *Mashed Potatoes *1 slice wheat bread *fresh orange *8 oz 1% milk 1 pc margarine	3 oz Hamburger Patty on **Whole Wheat Bun Slices of Lettuce, Tomato, Onion *1/2 c Potato Salad * 1/2 c pears *8 oz 1% milk 1/2 cup vanilla ice cream	Stuffed Chicken breast with Gravy 4 oz steamed carrots 1/2 cup fruit cocktail 4 oz cranberry juice 1 pc margarine *8 oz 1% milk	Sloppy Joe sandwich on a ** whole wheat Bun 1/2 cup carrots *1/2 c peach halves *banana 1 pc margarine *8 oz 1% milk	**Tuna Hoagie (3 oz tuna with shredded lettuce and tomato slices Carrot and celery sticks *1/2 c. potato salad 1 mayo packet *Fresh Apple *8 oz 1% milk

*= carbohydrate choice