



LUNCH MENU

Reservations Required 2 Days in Advance
540-261-7474

March 2020

Your voluntary, confidential contribution to cover a portion of the cost of your meal is truly appreciated!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Stew, 2 oz chicken, ½ c stew vegetables Winter Vegetable Blend, ½ c Peaches, ½ c Biscuit, 2 oz	3 Hamburger, 4 oz beef Lettuce/Tomato, ½ c Baked Beans, ½ c Pineapple Tidbits, ½ c Bun, 2 oz	4 Pork Loin, 2 oz Potato Casserole, ½ c Green Beans, ½ c Pears, ½ c Roll, 2 oz	5 Chicken Salad, 2 oz chicken Macaroni Salad, ½ c vegetables Pea Salad, ½ c peas Mandarin Oranges, ½ c Bread, 2 oz	6 Sweet/Sour Meatballs 2 oz beef Rice, ½ c Carrots, ½ c Fruit Melody, ½ c Roll, 2 oz
9 Chili, 2 oz beef Baked Potato, ½ c Broccoli Florets, ½ c Jello with Fruit, ½ c fruit Corn Muffin, 2 oz	10 Baked Chicken, 2 oz Au Gratin Potatoes, ½ c California Blend, ½ c Pears, ½ c Roll, 2 oz	11 Fish, 2 oz Macaroni & Cheese, 2 oz pasta Peas, ¾ c Fruit Melody, ¾ c Roll, 2 oz	12 Beefy Mac, 2 oz pasta, ½ c tomato Beets, ½ c Strawberry Fluff, ½ fruit Roll, 2 oz	13 Turkey & Cheese Sub, 2 oz turkey, 2 oz bun Lettuce/Tomato, ½ c Chips, ½ c Apple, ½ c
16 Salisbury Steak, 2 oz Mashed Potatoes, ½ c Mixed Vegetables, ½ c Mandarin Oranges, ½ c Roll, 2 oz	17 Baked Ham, 2 oz Sweet Potatoes, ½ c Green Beans, ½ c Applesauce, ½ c Roll, 2 oz	18 Beef Pot Pie, 2 oz beef, ½ veg Squash Casserole, ½ c Peaches, ½ c Biscuit, 2 oz	19 Breaded Chicken Fillet, 2 oz Lettuce/Tomato, ½ c Potato Salad, ½ c Pineapple Crisp, ½ c Bun, 2 oz	20 Fish, 2 oz Pasta Salad, ½ c veg Baked Beans, ½ c Pear Crisp, ½ c Wheat Bread, 2 oz
23 Swedish Meatballs, 2 oz beef Parsley Potatoes, 1/2c Carrots, ½ c Applesauce, ½ c Roll, 2 oz	24 BBQ, 2 oz pork, 2 oz bun Macaroni & Cheese Coleslaw, ½ c Peach Crisp, ½ c	25 Meatloaf, 2 oz beef Peas & Carrots, ½ c Scalloped Potatoes, ½ c Pineapple Tidbits, ½ c Bread 2 oz	26 Turkey & Gravy, 2 oz turkey Mashed Potatoes, ½ c Lima Beans, ½ c Pears, ½ c Roll, 2 oz	27 Lasagna, 2 oz beef, ½ c tomato sauce Corn, ½ c Fruit Melody, ½ fruit Roll, 2 oz
30 Ham & Cheese Sub, 2 oz ham Lettuce/Tomato, ½ c Chips, ½ c Banana, ½ c Bun, 2 oz	31 Chicken/Dumplings, 2 oz chicken Spinach, ¾ c Orange Fluff, ½ fruit Roll, 2 oz			ALL MEALS SERVED WITH 8 OZ. 2% MILK

