



Spring

Good For Your Health Menus

March 11 - 17, 2024

Week 2



MONDAY March 11	TUESDAY March 12	WEDNESDAY March 13	THURSDAY March 14	FRIDAY March 15	SATURDAY March 16	SUNDAY March 17
Pancake with Warm Syrup Breakfast Meat Oatmeal Grape Juice	Ham and Egg Scramble Bran Muffin Toasted Oats Apple Juice	Waffle with Warm Syrup Breakfast Meat Raisin Bran Blended Juice	Biscuits & Gravy Fruit Cup Hot Farina Pineapple Juice	Fried Egg Buttered Wheat Toast Raisin Bran Cereal Grape Juice	French Toast with Warm Syrup Breakfast Meat Oatmeal Apple Juice	Baked Italian Omelet Donut Corn Flakes Orange Juice
Tarragon Chicken Oven Roasted Potatoes Green Beans with Red Peppers Broccoli Salad Tropical Fruit Mold	Meatballs and Gravy Penne with Garlic & Herbs Zesty Spinach Fresh Green Salad Chocolate Cake	Sweet & Sour Chicken Sesame Noodles Stir Fry Vegetables Mandarin Asian Salad Lemon Snow Bar New Recipes	Hawaiian Pork Polenta Ginger Carrots Wheat Roll Ice Cream	Bratwurst & Sauerkraut Macaroni Salad Brussels Sprouts Wheat Roll Fresh Fruit	Crispy Fish Fillet Mediterranean Herbed Pasta Vegetables in Dill Sauce The Pantry Coleslaw Berry Chiffon Delight	Corned Beef Boiled Dill Potatoes Cabbage & Carrots Wheat Roll Gelatin with Whipped Topping
Pasta Bean Soup Egg Salad Sandwich Tomato Slice Apple Raisin Bar	Fish with Sweet Peppers Rice Pilaf Fresh Zucchini with Basil Wheat Roll Tangy Glazed Fresh Fruit	Cream of Celery Soup Green Chile Cheese Square Broccoli with Garlic Wheat Roll Pears with Caramel Sauce	Spaghetti with Meat Sauce Seasoned Green Beans Garlic Bread Nilla Banana Pudding	Hot Open-Faced Turkey Sandwich with Gravy Herb Mashed Potatoes Succotash Peach Fluff	Rosemary White Bean Soup Grilled Chicken on a Bun Potato Chips California Cocktail	Shepherd's Pie Seasoned Broccoli Wheat Roll Fruit Cup

St Patrick's Day

Milk and Beverage Offered with Every Meal Healthcare Menus Direct, LLC.