

CW Resources Senior Community Café

2400 North Café 203-332-0104

March Menu 2018

* High Sugar Content
 **High in Sodium Content
 +Higher Fat Content
 LS-Low Sodium



1% or Skim milk provided
 Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Grape Juice Roast Turkey LS Turkey Gravy Mashed Potato Green and Gold Beans 100% W. Wheat Bread Banana	2 Corn Chowder Unsalted Crackers Seafood Salad** Lettuce and Tomato Pasta Primavera Hot Dog Roll Apricots
5 Orange Juice Pulled Pork Baked Beans Coleslaw W.W. Hamburger Roll Applesauce	6 Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Mashed Potato Ginger Baby Carrots HAPPY BIRTHDAY 12 Grain Bread Birthday Cake*	7 Ravioli with Meat Sauce Broccoli Garden Salad Thousand Island+ Italian Bread Fresh Pear	8 Grape Juice Beef Stew Brown Rice Green Beans W.W. Dinner Roll Brownie*	9 LS Escarole Bean Soup Unsalted Crackers Eggplant Rolatini Baked Ziti with Sauce Italian Blend Veggies Garlic Bread Tropical Fruit Cup
12 Sloppy Joe Sweet Potato Tots Spinach Hamburger Bun Pineapple Chunks	13 St. Patrick's Day Cranberry Juice Corned Beef Au Jus** Cabbage Boiled Potatoes Carrots Mustard Rye Bread Shamrock Cookie	14 Grape Juice Turkey Noodle Caserole Peas and Red Pepper Corn Muffin Apricots	15 Apple Juice Garlic Baked Chicken with Spinach and Parmesan Cheese** Cheesy Mushroom Rice Geneva Blend Veggies 100% W.W. Bread Pudding Cup	16 Baked Fish with Lemon Dill Sauce Harvest Orzo Hot Buttered Beets MultiGrain Bread Fresh Orange
19 Balsamic Roasted Pork Loin Egg Noodles Zucchini 12 Grain Bread Cinnamon Applesauce	20 Orange Juice Cheeseburger Steak Fries Corn with Peppers Lettuce Tomato Slices Hamburger Bun Oatmeal Cookies*	21 Apple Juice Bruschetta Chicken Mashed Potatoes Spinach Pumpernickel Bread Pears	22 LS Chicken Vegetable Unsalted Crackers Lasagna Rolette Meat Sauce Garden Salad Italian Dressing Garlic Bread Fresh Apple	23 Crab Cakes with White Sauce Rice Pilaf Broccoli Rye Bread Citrus Sections
26 Chicken Pot Pie with Carrots, Celery Diced Potatoes Chopped Spinach Biscuit Tropical Fruit Cup	27 Easter Special Apple Juice LS Sliced Ham with Orange Cranberry Sauce Loaded Potatoes Peas and Pearl Onions Rudi Roll Easter Poke Cake with Whipped Topping	28 Cranberry Juice Turkey Loaf LS Turkey Gravy Rice Green Beans Dinner Roll Chocolate Chip Cookies	29 Roast Beef LS Beef Gravy Baked Potato Broccoli and Carrots Oatmeal Bread Banana	30 Good Friday Closed