

# MARCH 2017

Blackstone Café  
728-9290

Suggested donation \$3.00

Café on Chopmist Hill  
647-2662

WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Clear Chowder <b>Florentine Fish</b> Crispy Potatoes Carrots Fresh Fruit Wheat Bread  <i>(Turkey Salad on Wheat)</i></p>	<p><b>2</b> Chicken Noodle Soup <b>Pot Roast w/Low Sodium Vegetable Gravy</b> Red Bliss Mashed Potatoes Zucchini Vanilla Pudding Roll  <i>(Sliced Chicken &amp; Cheese on a Bulky Roll)</i></p>	<p><b>3</b> Butternut Squash Soup <b>Roasted Chicken Leg Quarter</b> Rice Pilaf Mixed Vegetables Mandarin Oranges Marble Bread  <i>(Meatloaf Sandwich on Marble)</i></p>
<p><b>8</b> Tomato Vegetable Soup <b>Chicken w/Artichokes/Roasted Peppers/Green Beans in Lemon Sauce</b> Mashed Potatoes Tomato Half Pudding Pumpernickel Bread  <i>(Shrimp Salad on Pumpernickel)</i></p>	<p><b>9</b> Escarole &amp; Bean Soup <b>Sweet and Sour Roasted Pork Loin</b> <b>Whole grain rice</b> Asparagus Tips Fresh Fruit Wheat Dinner Roll  <i>(Eggplant Parmesan on a Roll)</i></p>	<p><b>10</b> Red Chowder <b>Lemon Baked Fish</b> Roasted Potatoes Apple Cider Cole Slaw Ice Cream Rye Bread  <i>(Hot Dog on a Roll)</i></p>
<p><b>15</b> 100% Juice <b>Turkey Chili w/Local Cheese</b> Corn Bread Seasoned Broccoli Spears Fruit Cocktail  <i>(Cheeseburger on a Bun)</i></p>	<p><b>16</b> Birthday Celebration Tomato Vegetable Soup <b>Shepherds Pie</b> Prince Edward Blend Vegetables Frosted Cupcake Garlic bread  <i>(Turkey Meatloaf on Wheat)</i></p>	<p><b>17</b> <u>St. Patrick's Day</u> Split Pea Soup <b>Corned Beef w/Mustard</b> Seasoned Boiled Potatoes Cabbage &amp; Carrot Medley Lime Jello Rye Bread  <i>(Tuna on Rye)</i></p>
<p><b>22</b> Orange Juice <b>Cheese Omelet w/Tomato Slice</b> <b>Sausage Patty</b> Crispy Cubed Potatoes Fruited Yogurt  <i>(Fish Sandwich and Side Tossed Salad)</i></p>	<p><b>23</b> Kale &amp; Bean Soup <b>Beef Wellington</b> Peas &amp; Onions Salad w/Dressing Pudding Wheat Dinner Roll  <i>(Fresh Mozzarella &amp; Tomato on Sicilian Bread)</i></p>	<p><b>24</b> <u>Seafood Chowder made with Local Dairy Products</u> <b>Baked Haddock</b> Roasted Potatoes Sliced Carrots Peanut Butter Cookies Rye Bread  <i>(Corned Beef &amp; Swiss on Rye)</i></p>
<p><b>29</b> Egg Drop Soup <b>Pulled Pork</b> Baked Beans Cole Slaw Apple Sauce Rye Bread  <i>(Turkey &amp; Cheese on a Roll)</i></p>	<p><b>30</b> Roasted Corn Chowder <b>Grilled Chicken</b> Red Bliss Roasted Potato Broccoli Cuts Hoodsie Cup Wheat Bread  <i>(Italian Grinder)</i></p>	<p><b>31</b> Minestrone Soup <b>French Meat Pie w/Ketchup</b> Seasoned Spinach Fresh Fruit Oatmeal Bread  <i>(Seafood Salad on Oatmeal)</i></p>

Please inform Kitchen of any food allergies.

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