

# MARCH 2018

Blackstone Café  
728-9290

Suggested donation \$3.00

Café on Chopmist Hill  
647-2662



WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Salad Option for the Month</u></b> Tuna-Olives-Tomato-Cucumber-Lettuce Blend Light Italian Dressing Monday March 5</p>	<p><b>1</b> Chicken Noodle Veg. Soup <b>Pot Roast w/Gravy</b> Oven Roasted Sweet Potatoes Zucchini Vanilla Pudding Whole Wheat Roll <i>(Sliced Chicken &amp; Cheese on Roll)</i></p>	<p><b>2</b> Clear Chowder <b>Florentine Fish</b> Crispy Cube Potatoes Carrots Fresh Fruit Whole Wheat Bread <i>(Turkey Salad on Wheat)</i></p>
<p><b>7</b> 100% Juice <b>French Meat Pie w/Ketchup</b> O'Brien Potatoes Broccoli Cuts Pudding Whole Wheat Bread <i>(Seafood Salad on Wheat)</i></p>	<p><b>8</b> Tomato Vegetable Soup <b>Roast Pork Loin w/Applesauce</b> Whole Grain Rice Asparagus Tips Fresh Fruit Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i></p>	<p><b>9</b> Onion Soup w/CROUTONS <b>Tuna Salad</b> Tri Colored Pasta w/Oil &amp; Vinegar Marinated Beets &amp; Onions Shortbread Cookie Oatmeal Bread <i>(Egg Salad on Oatmeal Bread)</i></p>
<p>14 Egg Drop Soup <b>Sweet &amp; Sour Pork</b> Egg Roll Oriental Blend Vegetables Pineapple Chunks Whole Wheat Roll <i>(Marinated Grilled Chicken on a Roll)</i></p>	<p><b>15 HAPPY BIRTHDAY</b> Tomato Vegetable Soup <b>Shepherds Pie w/Ketchup</b> Prince Edward Vegetables Frosted Cupcake Garlic Bread <i>(Turkey Meatloaf on Wheat)</i></p>	<p>16 St. Patrick's Day Split Pea Soup <b>Corned Beef w/Mustard</b> Seasoned Boiled Potatoes Carrot &amp; Cabbage Medley Lime Jello Rye Bread <i>(Tuna on Rye)</i></p>
<p><b>21</b> 100% Orange Juice <b>Cheese Omelet w/Tomato Slice</b> <b>Sausage Patty</b> Crispy Cube Potatoes Fruited Yogurt <i>(Fish Sandwich on Roll w/Side Salad)</i></p>	<p><b>22</b> Kale &amp; Bean Soup <b>Beef Wellington</b> Peas &amp; Onions Salad w/Dressing Pudding Wheat Dinner Roll <i>(Egg Salad on Roll)</i></p>	<p><b>23</b> Seafood Chowder <b>Baked Haddock</b> Roasted Potatoes Prince Edward Blend Vegetables Peanut Butter Cookie Multi Grain Bread <i>(Corned Beef &amp; Swiss on Multi Grain)</i></p>
<p><b>28</b> Italian Wedding Soup <b>Beef Tips w/Mushrooms</b> Seasoned Whole Wheat Pasta Baby Carrots Sliced Peaches Wheat Bread <i>(Seafood Salad on Wheat)</i></p>	<p><b>29</b> 100% Juice <b>Turkey Chili w/Cheese</b> Corn Bread Broccoli Spears Pudding <i>(Cheeseburger on Whole Wheat Bun)</i></p>	<p><b>30</b> Tomato &amp; Brown Rice Soup <b>Country Crisp Fish w/Tartar Sauce</b> Garlic Mashed Potatoes Stewed Tomatoes Fresh Fruit Wheat Dinner Roll <i>(Turkey &amp; Cheese on Wheat)</i></p>

Please inform Kitchen of any food allergies.

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