

MOW Lunch Menu- March 2010

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p><u>Menu A:</u> Beef Stroganoff <u>Menu B:</u> Chicken & Dumplings Side Items: Sliced Carrots Green Peas & Mushrooms Multigrain bread Tapioca Pudding w/ Oranges Diet: Vanilla</p>	<p>2</p> <p><u>Menu A:</u> Veal Marsala <u>Menu B:</u> Salisbury Beef w/ Brown Gravy Side Items: Garlic Potatoes Cabbage Wheat Bread Orange Slices Diet: Same</p>	<p>3</p> <p><u>Menu A:</u> Beef and Broccoli <u>Menu B:</u> Pineapple Chicken Side Items: Japanese Veggies Jasmine Rice Wheat Bread Peach and Berry Crisp Diet: Peach Crisp</p>	<p>4</p> <p><u>Menu A:</u> Italian Baked Chicken <u>Menu B:</u> Tuscan Pork Roast Side Items: Mixed Greens Lemon Herb Pasta Garlic Wheat Roll Pineapple Tidbits Diet: Pineapple Tidbits</p>	<p>5</p> <p><u>Menu A:</u> Beef Tamale Pie <u>Menu B:</u> Breaded Catfish w/ Cilantro Lime Sauce+ Side Items: Mixed Veggies Olé Spiced Black Beans Cornbread Muffin Citrus Poke Cake Diet: Poke Cake</p>
<p>8</p> <p><u>Menu A:</u> Honey BBQ Chicken <u>Menu B:</u> Sloppy Joe Side Items: Sweet Potato Wedges Okra & Tomatoes Wheat Hamburger Bun Sliced Peaches Diet: Same</p>	<p>9</p> <p><u>Menu A:</u> Country Fried Steak w/ Cream Gravy <u>Menu B:</u> Dijon Chicken Side Items: Herbed Brussel Sprouts Rosemary Whipped Potatoes Multigrain Roll Chocolate Chip Cookie Diet: Vanilla Wafers</p>	<p>10</p> <p><u>Menu A:</u> Mediterranean Seafood Pasta <u>Menu B:</u> Ham Macaroni & Cheese Casserole Side Items: Mixed Vegetables Green & Lima Bean Medley Wheat Bread Pina Colada Cake Diet: Cake</p>	<p>11</p> <p><u>Menu A:</u> Grilled Chicken w/ Southwest Sauce <u>Menu B:</u> Sausage w/ Onions and Peppers Side Items: Whole Kernel Corn Baked Zucchini Multigrain Bread Fresh Banana Diet: Same</p>	<p>12</p> <p><u>Menu A:</u> Zesty Baja Chicken Salad <u>Menu B:</u> Tuna Salad+ Side Items: Broccoli Raisin Salad Macaroni Salad Wheat Pita Fruited Yogurt Diet: Same</p>
<p>15</p> <p><u>Menu A:</u> Cheesy Penne <u>Menu B:</u> Veal Parmesan Side Items: Honey Carrots Sugar Snap Peas Multigrain Roll Cinnamon Applesauce Diet: Same</p>	<p>16</p> <p><u>Menu A:</u> Grilled Chicken w/ Cordon Bleu Sauce <u>Menu B:</u> Fish Sticks Side Items: Spinach Casserole Popcorn Cauliflower Multigrain bread Lemon Pudding Diet: Lemon Pudding</p>	<p>17</p> <p><u>Menu A:</u> Sweet & Sour Meatballs <u>Menu B:</u> Pork Patty w/ Maple Rum Sauce Side Items: Yellow Squash w/ Peppers Sweet Carrot Rice Wheat Bread Pineapple Tidbits Diet: Same</p>	<p>18</p> <p><u>Menu A:</u> Beef Tips w/ Brown Gravy (601 kcals/89 grams CHO) <u>Menu B:</u> Creamy Paprika Chicken (600 kcals/81 grams CHO) Side Items: Egg Noodles Stewed Tomatoes Capri Mixed Veggies Multigrain Roll Melon Balls w/ Whipped Topping</p>	<p>19</p> <p><u>Menu A:</u> Turkey Ham w/ Apple Glaze <u>Menu B:</u> Gardenburger w/ cranberry glaze+ Side Items: Savory Green Beans Sweet Potato Casserole Wheat Bread Red Velvet Cake / Diet: Red Velvet Cake</p>
<p>22</p> <p><u>Menu A:</u> Beef Taco Skillet <u>Menu B:</u> Mexican Chicken and Rice Side Items: Fiesta Vegetables Refried Beans Wheat tortilla Mandarin Oranges & Pineapple Diet: Same</p>	<p>23</p> <p><u>Menu A:</u> Turkey Divan <u>Menu B:</u> Oven Fried Pork Side Items: Rosemary Whipped Potatoes Mixed Vegetables Wheat Bread Banana Pudding Diet: Same</p>	<p>24</p> <p><u>Menu A:</u> Breaded Chicken Patty w/ Oriental Orange Sauce <u>Menu B:</u> Mongolian Beef w/ Teriyaki Sugar Snap Peas Side Items: Fried Rice Wheat Bread Strawberry Cake w/ Strawberry Frosting / Diet: Strawberry Cake</p>	<p>25</p> <p><u>Menu A:</u> Swiss Steak <u>Menu B:</u> Honey Balsamic Chicken Side Items: Roasted Potatoes Glazed Carrots Garlic Wheat Roll Orange Slices Diet: Same</p>	<p>26</p> <p><u>Menu A:</u> Lemon Pepper Catfish+ <u>Menu B:</u> Pork with Citrus Sauce Side Items: Black-eyed peas Mixed Greens Cornbread Snicker doodle/ Diet: Vanilla Wafers</p>
<p>29</p> <p><u>Menu A:</u> Mushroom Chopped Steak <u>Menu B:</u> Salmon Patty with Dill Sauce Side Items: Tater Tot Casserole Brussel Sprouts Wheat Roll Sliced Pears / Diet: Same</p>	<p>30</p> <p><u>Menu A:</u> King Ranch Casserole <u>Menu B:</u> Shepherd's Pie Side Items: Rosemary Carrots Squash & Zucchini Casserole Wheat Bread Fresh Banana Diet: same</p>	<p>31</p> <p><u>Menu A:</u> Meatloaf w/ Cajun Sauce <u>Menu B:</u> New Orleans Style Shrimp, Sausage, & Rice Side Items: Whole Kernel Corn Okra and Tomatoes Wheat Bread Bread Pudding Diet: Bread Pudding</p>		

