

March 2017 – Cafeteria Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March is National Nutrition Month</p> <p>Look For Our Healthy Specials</p>	<p>♥♥♥ HEART HEALTHY ENTREES</p>	<p>March 17 St Patrick's Day</p> <p>Glazed Corned Beef & Cabbage Special</p> <p>\$5.25 – 6 oz</p> <p>Erin Go Braugh!</p>	<p>1</p> <p><u>ASH WEDNESDAY</u></p> <p>Salmon w/ Cucumber Dill Sauce Whole Green Beans / Rice Pilaf Pork Chops w/ Portabello Mushrooms Mashed Potatoes / Pork Gravy ♥Chicken Breast Dijon Pizza Split Pea & Ham Soup Shrimp Cocktail Bar</p>	<p>2</p> <p>Coffee Marinated Beef Short Ribs Red Skin Mashed Potatoes Beef Gravy / Fresh Asparagus Tortilla Lime Chicken Saffron Cilantro Rice ♥Trout w/ Wild Mushrooms Cream Of Asparagus Chicken Soup Hamburger Bar</p>	<p>3</p> <p>Macademia Halibut Garden Wild Rice Fresh broccoli ♥Pork Tenderloin w/ Lemon, Thyme, Garlic Mashed Potatoes / Pork Gravy ♥Jamaican Jerk Chicken Chicken Rice Soup Taco Chicken Fajita Bar</p>	<p>4</p> <p>Carved Pork Roast Mashed Potatoes / Pork Gravy California Veggies ♥Salmon w/ Cucumber Dill Sauce Rice Pilaf Vegetable Beef Soup Oriental Bat</p>
<p>5</p> <p>Swedish Meat Balls Mashed Potatoes Beef Gravy Fresh Broccoli ♥Chicken w/ Spinach & Feta Garden Wild Rice Chicken Tortilla Soup Chicken Wing Bar</p>	<p>6</p> <p>Dixie Fried Chicken Mashed Potatoes / Country Gravy Mixed Vegetables Cheese Manicotti Marinara / Garlic Bread ♥Oven Browned Orange Roughy Sausage & Lentil Soup Barbeque Bar</p>	<p>7</p> <p><u>Surf & Turf Special</u></p> <p>Carved Filet Mignon Au Jus / Horseradish Roasted Red Potatoes Fresh Asparagus / Rice Pilaf New!! Southwest Stuffed Shrimp ♥Safari Chicken Tomato Florentine Soup Chicken Breast Bar</p>	<p>8</p> <p>Oriental Baby Back Ribs ♥Teriyaki Tilapia ♥Chicken Teriyaki w/ Pineapple Veggie Egg Rolls Sweet & Sour Sauce Fried Rice Sugar Snap Peas Pizza Pork Barley Soup Shrimp Cocktail Bar</p>	<p>9</p> <p>Carne Asada Ranchera Shrimp-A-LA-Mexicana Chicken Chilaquiles Taqitos Spanish Rice Mauri's Frijoles Mixed Vegetables Chicken Lentil Soup Hamburger Bar</p>	<p>10</p> <p>♥Salmon Seattle Rice Pilaf / Whole green Beas Mauri's Albondigas ♥Beef Brisket w/ Pearl Onions & Carrots / Corn Mashed Potatoes / Beef Gravy ♥Chicken w/ Olive Oil Clam Chowder Taco Chicken Fajita Bar</p>	<p>11</p> <p>Carved Tri-Tip Beef Red Skin Mashed Potatoes Beef Gravy Carrot Slims / Peas ♥Lemon Herb Chicken Wild Rice Pizza Chicken Noodle Soup Oriental Bar</p>
<p>12</p> <p><u>Surf & Turf Special</u></p> <p>Carved Prime Rib Au Jus / Horseradish Scalloped Potatoes Fresh Asparagus Tempura Shrimp / Dipping Sauce Rice Pilaf Chicken Vegetable Soup Chicken Wing Bar</p>	<p>13</p> <p>Marinated Skirt Steak Scalloped Potatoes Fresh Broccoli ♥Chicken w/ Spinach & Feta Rice Pilaf ♥Oven Browned Tilapia Vegetable Beef Soup Barbeque Bar</p>	<p>14</p> <p>♥Roast Turkey Mashed Potatoes / Dressing California Vegetables Jasmine Rice Beef Tips w/ Peppers & Mushrooms ♥Cajun Trout Ham & Lima Bean Soup Chicken Breast Bar</p>	<p>15</p> <p>Honey Glazed Ham w/ Dijon Sauce Fresh Yams Cut Green Bean / Wild Rice ♥Greek Style Chicken ♥Spicy Cornmeal Cod Mauris Pozole Pizza Lentil & Kielbasa Stew Shrimp Cocktail Bar</p>	<p>16</p> <p>Pasta Neptune- Shrimp, Scallops, Crab Fresh Asparagus Chicken California Supreme Sauce Rice Pilaf / Corn ♥Vegetarian Linguine Primavera Chicken Noodle Soup Hamburger Bar</p>	<p>17</p> <p>♣♣♣ <u>St. Patrick's Day</u> ♣♣♣</p> <p>Special - \$5.25 – 6 oz Glazed Corned Beef Roasted Red Potatoes Steam Cabbage ♥Chicken Breast Dijon Whole Green Beans Irish Beef Stew Taco Chicken Fajita Bar</p>	<p>18</p> <p>Spaghetti w/ Meat Or Marinara Sauce Garlic Bread Fresh Broccoli Ranch Chicken Rice Pilaf Beef Barley Soup Oriental Bar</p>
<p>19</p> <p>Beef Short Ribs w/ Mushroom & Onions Red Skin Mashed Potatoes Cut Green Beans ♥Greek Chicken w/ Feta & Olives Jasmine Rice Pizza Chicken Lentil Soup Chicken Wing Bar</p>	<p>20</p> <p><u>Spring Begins</u></p> <p>Surf & Turf Special Rib Eye Angus Steaks Twice baked Potatoes / Broccoli Crab Cakes / Red Pepper Aoli Wild Rice ♥Chicken w/ Cumin & Guacamole Minestrone Soup Barbeque Bar</p>	<p>21</p> <p>Baked Meat Loaf Mashed Potatoes / Beef Gravy Carrot Slims / Peas ♥Lemon Herb Chicken Rice Pilaf ♥Pecan Crusted Tilapia Picadillo Beef Soup Chicken Breast Bar</p>	<p>22</p> <p>Lasagna With Meat Sauce Garlic Bread Fresh Asparagus ♥Garlic Chicken Breast ♥Oven Browned Sea Bass Garden Wild Rice Pizza / Corn Chicken Barley Soup Shrimp Cocktail Bar</p>	<p>23</p> <p>Carved Tri-Tip Beef Red Skin Mashed Potatoes Beef Gravy California Veggies Chicken w/ Marinara & Mozzarella Bow Tie Pasta ♥oven Browned Barramundi Fish Chicken Vegetable Soup Hamburger Bar</p>	<p>24</p> <p>♥Salmon w/ Maple Glazed & Pineapple Salsa Garden Wild Rice Fresh Zucchini Marsala Pork Chops Mashed Potatoes / Pork Gravy ♥Chicken w/ Avocado Corn Salsa Cram Mushroom Wild Rice Soup Taco Chicken Fajita Bat</p>	<p>25</p> <p>Hul-Huli Baby Back Ribs Potato Medley Fresh Asparagus ♥Southwestern Style Chicken Garden Wild Rice Chicken Rice Soup Oriental Bar</p>
<p>26</p> <p>Buttermilk Baked ½ Chicken Mashed Potatoes / Country Gravy Mixed Veggies ♥Spicy Cornmeal Cod Rice Pilaf Chicken Barley Soup Chicken Wing Bar</p>	<p>27</p> <p>3 Piece Honey Stung Fried Chicken Mashed Potatoes / Country Gravy Mixed Vegetables Swedish Meat Balls Steam Rice Parmesan Crusted Tilapia Chicken Tortilla Soup Barbeque Bar</p>	<p>28</p> <p>Spaghetti w/ Meat Or Marinara Sauce Garlic Bread Italian Vegetables ♥Southwestern Style Chicken Breast Wild Rice ♥Oven Browned Code Mexican Chicken Tortilla Soup</p>	<p>29</p> <p>Beef Stroganoff Rotelle Pasta Fresh Broccoli Ranch Style Chicken Garden Wild Rice ♥Oven Browned Red Snapper Pizza / Corn Turkey Noodle Soup Shrimp Cocktail Bar</p>	<p>30</p> <p><u>Surf & Turf Special</u></p> <p>Carved Prime Rib Au Jus / Horseradish Fingerling Potatoes Fresh Asparagus Shrimp In Champagne Sauce ♥Chicken Tangiers Mediterranean Vegetarian Soup Hamburger Bar</p>	<p>31</p> <p>♥Avocado Soy Salmon Jasmine Rice Fresh Broccoli ♥Roasted Garlic Pork Tenderloin Mashed Potatoes / Pork Gravy ♥Chicken w/ Chipolte Adobo Beef Barley Soup Taco Chicken Fajita Bar</p>	

