



/EWC Community Table Dining Program CASH ONLY March 11:30am - 12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 Warm Ham and Swiss on a Kaiser Roll Sweet Potato Fries Pea and Cheese Salad Tropical Fruit	4 Tomato Bisque w/ Grilled Cheese Orange Wedges Garden Salad	5 Broccoli Salad California Turkey Burger w/ Lettuce and Tomato French Fries Fresh Fruit	6 Parmesan Spinach Salad Vegetarian Lasagna Garlic Bread Mandarin Oranges Pudding	7 Pork Chop Patty Scalloped Potatoes Green Beans Apricots/ Dinner Roll
10 Stuffed Shells w/ Marinara and parmesan Steamed Spinach Garlic Bread Fresh Fruit	11 Pickled Beet Salad Grilled Turkey and Cheddar on Flat Bread Chips Pineapple	12 Coleslaw Fish and Chips w/ ketchup and tartar Corn Muffin Peaches	13 Garden Salad Chicken Chili w/ shredded cheddar and green onion Tortilla Chips Mandarin Oranges	14 Chicken Parmesan w/marinara on top of Spaghetti Noodles Breadstick Winter Mix Vegetables Fresh Fruit
17 <u>St. Patrick's Day Lunch</u> Corned Beef and Cabbage Red Potatoes Carrots Rye Bread Apple Duff	18 Lemon Pepper Pollock Baked Potato w/ sour cream Dilled Carrots Dinner Roll/ Mixed Fruit	19 Caesar Salad Meatball Sub w/parmesan cheese Potato Wedges Orange Wedges	20 <u>Welcome Spring</u> Blackened Chicken Salad Dinner Roll Fresh Fruit (Served in Studio)	21 Garden Salad Salisbury Steak w/ mashed potatoes and gravy Capri Vegetables Peaches/Dinner Roll
24 Hot Roast Beef Sandwich w/ mashed potatoes and gravy Peas and Carrots Applesauce Cookie	25 Crispy Chicken Sandwich w/ Lettuce and Tomato French Fries Fresh Fruit Cookie	26 Taco Salad w/beef, cheese, sour cream, lettuce, salsa, and chips Refried Beans Mandarin Oranges	27 Country Fried Steak w/ Garlic Roasted Potatoes Green Beans Dinner Roll Pears	28 Roasted Chicken Legs Homemade Mac & Cheese Succotash Applesauce Dinner Roll
31 Tuna Salad on Sandwich with Lettuce and Tomato Fresh Veggies w/ Dip Chips/Cookie Fresh Fruit	<i>Menu Subject to Change</i>			

1% milk, 2oz of whole grain, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*

Suggested meal donation for eligible persons (aged 60+) is \$4.00 For non-eligible persons (aged 59 and younger), cost is \$8.00 per meal