



**EWC/Community Table Dining Program**

**CASH ONLY**

**March 11:30 AM – 12:30 PM**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Warm Ham and Swiss on a Kaiser Roll Sweet Potato Fries Pea and Cheese Salad Tropical Fruit	3 Sweet and Sour Chicken Steamed Rice Stir Fry Veggies Mandarin Oranges	4 Sloppy Joe Coleslaw Potato Wedges Peaches Dinner Roll	5 Savory Bean Soup w/ Ham Tossed Salad Cornbread Cookie Pineapple	6 Meatloaf Baked Potato Steamed Vegetables Applesauce Dinner Roll
9 Vegetable Quiche Roasted Potatoes Yogurt Muffin Pineapple	10 Vegetable Soup Chicken Salad on Croissant Pasta Salad w/broccoli salad and tomato. Fresh Fruit	11 Stuffed Shells w/ marinara and parmesan Italian Salad Breadstick Pears	12 Black Bean Soup Cheese Quesadilla w/salsa and sour cream Corn Tropical Fruit	13 Tender Beef Strips w/ mushroom gravy over egg noodles Green Beans Dinner Roll/Applesauce
16 Golden Baked Chicken w/ Rice and gravy Steamed Broccoli Fresh Fruit Dinner Roll	<b>St Patrick's Day Lunch</b> 17 Corned Beef and Cabbage Red Potatoes Carrots Rye Bread Apple Duff	18 Crispy Fish Fillet on Hoagie Coleslaw Roll w/ Lettuce and Tarter French Fries Pineapple	19 Baked 3 Cheese Ziti Garden Salad Winter Blend Vegetables Garlic Bread Fresh Fruit	20 Grilled Chicken Breast Turmeric Rice Garden Vegetables Dinner Roll Fresh Fruit
23 Hot Roast Beef Sandwich w/ mashed potatoes and gravy Peas and Carrots Applesauce Cookie	24 Crispy Chicken Sandwich w/ Lettuce and Tomato French Fries Fresh Fruit Cookie	25 Taco Salad w/beef, cheese, sour cream, lettuce, salsa, and chips Refried Beans Mandarin Oranges	26 Tuna Salad on Sandwich with Lettuce and Tomato Fresh Veggies w/ Dip Chips/Cookie Fresh Fruit	27 Roasted Chicken Legs Homemade Mac & Cheese Mixed Veggies Applesauce Dinner Roll
30 Country Fried Steak w/ Garlic Roasted Potatoes Green Beans Dinner Roll Pears	31 Spaghetti and meatballs with marinara sauce Tossed salad Capri vegetables Garlic bread Peaches			

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 people (aged 60+) is \$5.00. For non-eligible people, (aged 59 & younger) cost is \$9.00 per meal.