

MARCH 2024



MAKE YOUR LUNCH RESERVATIONS  
AT LEAST ONE BUSINESS DAY  
IN ADVANCE!  
925-973-3250

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3/4

3/5

3/6

3/7

3/8

Beef Cabbage Bake  
Lentil Soup  
w/Whole Grain Crackers  
Mixed Vegetables

• Cinnamon Applesauce

+ Seafood Louie Salad  
w/Mock Crab and  
1000 Island Dressing  
Split Pea Soup  
Whole Wheat Roll  
w/Butter  
• Tropical Fruit

Fiesta Chicken Thigh  
Pinto Beans  
Tortilla  
Tossed Salad  
w/Dressing  
• Mandarin Oranges

Pork Piccata  
• Yams  
Green Beans  
Whole Wheat Roll  
w/Butter  
Seasonal Fresh Fruit

Harvest Pork Stew  
• Winter Vegetables  
Tossed Salad  
w/Dressing  
Whole Wheat Roll  
w/Butter  
Seasonal Fresh Fruit

Turkey Coconut Curry  
Spinach  
Stewed Tomatoes  
Brown Rice  
• Fresh Orange  
Cookie

3/11

3/12

3/13

3/14

3/15

Turkey Burger  
w/Ketchup, Mustard,  
and Mayonnaise  
Cannellini Bean Soup  
Scandinavian Vegetables  
Whole Wheat Burger Bun  
• Fresh Orange

Orange Glazed Chicken  
Thigh  
Bok Choy Soup  
Asian Vegetables  
Confetti Brown Rice  
Juice  
Cookie

Pork Chili Verde  
over Brown Rice  
• California Vegetables  
Whole Kernel Corn  
Seasonal Fresh Fruit

Salisbury Steak  
w/Onion Gravy  
• Mashed Potatoes  
Bean Medley  
Whole Wheat Roll  
w/Butter  
Gelatin w/Mixed Fruit

Tuna Salad Sandwich  
w/Lettuce, Tomato, and  
Onion on WW Bread  
Tomato Basil Soup  
Carrot Raisin Salad  
• Citrus Fruit

3/18

3/19

3/20

3/21

3/22

**ST. PATRICK'S DAY**

Corned Beef w/Cabbage,  
Potatoes, and Carrots  
Casserole  
Succotash  
Cornbread w/Butter  
Juice  
Green Poke Cake

Sweet & Sour Pork  
over Brown Rice  
Green Beans  
Carrots  
• Mandarin Oranges

Breaded Fish Sandwich  
w/Cheese, Lettuce, and  
Tartar Sauce  
Potato Leek Soup  
• Creamy Coleslaw  
w/Carrots  
Whole Wheat Bun  
Seasonal Fresh Fruit

HAPPY BIRTHDAY

Turkey Shepherd's Pie  
w/Mashed Potatoes  
Italian Vegetables  
Whole Wheat Roll  
w/Butter  
• Juice  
Pudding

Chicken Mole  
over Brown Rice  
Pinto Beans  
Green Salad  
w/Dressing  
• Tropical Fruit

3/25

3/26

3/27

3/28

3/29

Sesame Pork  
Vegetable Orzo Soup  
• Asian Coleslaw  
Confetti Brown Rice  
Seasonal Fresh Fruit  
Cookie

Cheeseburger w/Lettuce,  
Tomato, Onion, Mayo,  
Mustard, Ketchup  
on a Bun  
Potato Nuggets  
• Broccoli  
Seasonal Fresh Fruit

Turkey Bolognese  
over Whole Grain  
Spaghetti  
Butternut Squash Soup  
• Fiesta Vegetables  
Carrot Raisin Salad  
Seasonal Fresh Fruit

Roasted Chicken  
w/Gravy  
• Mashed Potatoes  
Mixed Vegetables  
Roll w/Butter  
Gelatin w/Pears

**GOOD FRIDAY**  
Crab Cakes  
w/Remoulade Sauce  
Scalloped Potatoes  
Scandinavian Vegetables  
Whole Wheat Roll  
w/Butter  
• Citrus Fruit

All meals served with  
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:  
VEGETARIAN OR FEATURED ENTRÉE SALAD  
(CHICKEN WALDORF).

Vitamin A

• Vitamin C

+ Higher in sodium

# VEGETARIAN



**MAKE YOUR LUNCH RESERVATIONS  
AT LEAST ONE BUSINESS DAY  
IN ADVANCE!  
925-973-3250**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**3/4**

**3/5**

**3/6**

**3/7**

**3/8**

Vegetable Frittata  
w/Salsa  
Red Potatoes  
C Winter Vegetables  
Whole Wheat Roll  
w/Butter  
FRUIT/DESSERT

+ Cheesy Penne Bake  
Scandinavian Vegetables  
Green Beans  
C w/Red Peppers  
Whole Wheat Roll  
w/Butter  
FRUIT/DESSERT

Kofta Meatballs  
w/Sauce over  
Brown Rice  
Carrots  
C Broccoli  
FRUIT/DESSERT

Cheesy Enchilada Bake  
C California Vegetables  
Spinach  
FRUIT/DESSERT

Vegetarian Southwest  
Spicy Pasta  
Peas & Carrots  
C California Vegetables  
FRUIT/DESSERT

**3/11**

**3/12**

**3/13**

**3/14**

**3/15**

Vegetarian Southwest  
Spicy Pasta  
Peas & Carrots  
C California Vegetables  
FRUIT/DESSERT

Vegetarian Meatballs  
w/Marinara Sauce and  
Whole Grain Spaghetti  
Carrots  
C Cauliflower  
FRUIT/DESSERT

Garbanzo Bean Stew  
over Brown Rice  
C Winter Vegetables  
Spinach  
FRUIT/DESSERT

Vegetable Lasagna  
Italian Vegetables  
Green Beans  
C w/Red Peppers  
Whole Wheat Roll  
w/Butter  
FRUIT/DESSERT

Bean & Cheese Burrito  
w/Enchilada Sauce  
C Fiesta Vegetables  
Mexicali Corn  
FRUIT/DESSERT

**3/18**

**3/19**

**3/20**

**3/21**

**3/22**

Vegetarian Lentil Stew  
over Brown Rice  
C Fiesta Vegetables  
Zucchini  
FRUIT/DESSERT

Vegetable Frittata  
w/Salsa  
Red Potatoes  
C Winter Vegetables  
Whole Wheat Roll  
w/Butter  
FRUIT/DESSERT

+ Cheesy Penne Bake  
Scandinavian Vegetables  
Green Beans  
C w/Red Peppers  
Whole Wheat Roll  
w/Butter  
FRUIT/DESSERT

Kofta Meatballs  
w/Sauce over  
Brown Rice  
Carrots  
C Broccoli  
FRUIT/DESSERT

Cheesy Enchilada Bake  
C California Vegetables  
Spinach  
FRUIT/DESSERT



**3/25**

**3/26**

**3/27**

**3/28**

**3/29**

Bean & Cheese Burrito  
w/Enchilada Sauce  
C Fiesta Vegetables  
Mexicali Corn  
FRUIT/DESSERT

Vegetarian Southwest  
Spicy Pasta  
Peas & Carrots  
C California Vegetables  
FRUIT/DESSERT

Vegetarian Meatballs  
w/Marinara Sauce and  
Whole Grain Spaghetti  
Carrots  
C Cauliflower  
FRUIT/DESSERT

Garbanzo Bean Stew  
over Brown Rice  
C Winter Vegetables  
Spinach  
FRUIT/DESSERT

Vegetable Lasagna  
Italian Vegetables  
Green Beans  
C w/Red Peppers  
Whole Wheat Roll  
w/Butter  
FRUIT/DESSERT

All meals served with  
lowfat milk.

**2 DAILY ALTERNATIVE ENTRÉE CHOICES:  
VEGETARIAN OR FEATURED ENTRÉE SALAD  
(CHICKEN WALDORF).**

Vitamin A  
C Vitamin C

+ Higher in sodium