

March 2021 MENU

Items with **contain pork or pork products. Menu subject to change due to availability.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Stroganoff w/ Bowtie Pasta Edamame Sweet Corn Whole Grain Bread Blueberries	2 Creamy Vegetable Chicken Normandy Blend Asparagus Brown Rice Whole Wheat Roll Pears	3 Pulled Pork Sandwich** Peas German Potato Salad Seasonal Fruit	4 Salisbury Steak w/ Gravy Mashed Potatoes Succotash Whole Grain Roll Sliced Peaches	5 Pork Roast w/ Gravy** Green Beans Tri Color Cauliflower Whole Wheat Biscuit Blackberries
8 Chicken Piccata Garden Salad Rosemary Potatoes Whole Grain Roll Banana	9 Turkey Salad Sandwich Pea Salad Beets Whole Grain Bun Oranges	10 BBQ Beef Whole Grain Bun Collard Greens Parsnips Apricots	11 Beer Battered Fish Chef Blend Vegetables Spinach Whole Grain Roll Strawberries	12 Grilled Chicken Strips Coleslaw Grilled Vegetables Whole Grain Roll Fresh Fruit Mix
15 Pub Pork Chop** Succotash Baked Potato Whole Grain Roll Applesauce	16 Pot Roast w/ Onion and Celery Caramelized Carrots Peas Corn Bread Mangos	17 Corned Beef w/Cabbage Steamed Red Potatoes Sliced Carrots Rye Bread Leprechaun Cake	18 <u>Cold Salad Plate</u> Egg, Beets & 3 Bean Whole Wheat Crackers Fresh Pear	19 Meatloaf w/ Gravy Green Beans Cheesy Potatoes Whole Grain Roll Grapes
22 Salmon w/ Rosemary & Garlic 4-Way Vegetables Cauliflower Whole Grain Roll Orange	23 Chicken Cobbler Fresh Baked Biscuit Brussel Sprouts Apricots	24 Vegetable Lasagna Asparagus Belgium Vegetables Bread Stick Banana	25 Teriyaki Riblets** Asian Blend Vegetables Coleslaw Graham Crackers Pineapple	26 Butternut Ravioli w/ Chicken Peas & Carrots Garden Salad Whole Grain Roll Fruited Gelatin
29 Hamburger Lettuce and Tomato Sweet Potato Fries Apple Slices	30 Honey Glazed Ham** Green Bean Casserole Roasted Red Potatoes Whole Grain Roll Fresh Cantaloupe	31 Deli Turkey Sandwich w/ Lettuce & Tomato Broccoli Salad Macaroni Vegetable Salad Cookie Grapes	Items with **contain pork or pork products. Menu subject to change due to availability.	
Aster Aging is funded in part by Area Agency on Aging Region One				