

# MARCH 2015 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Chicken 2oz Gravy Vegetable 1/2c Sweet Potatoes 1/2c Fruit 1/2c  COLD- Tuna Salad 2oz & Cheese WW Bread Sandwich
4 BBQ Cheeseburger 4oz Beef Patty Vegetable 1/2c Fruit 1/2c WW Roll 2oz  COLD-Turkey Bologna 2oz, Cheese, WW Bread Sandwich	5 Turkey 2oz Gravy Rice Pilaf 1c Vegetable 1/2c Fruit 1/2c WW Bread 2oz  COLD-Turkey 2oz Cheddar, Mayo WW Bread Sandwich	6 Salisbury Steak 4oz w/ Gravy Roasted Potatoes 1/2c Harvard Beets 1/2c Fruit 1/2c WW Bread 2oz  COLD-Turkey Ham 2oz, Cheese on WW Bread	7 Teriyaki Chicken 2oz Fried Rice 1c – Asian Vegetable 1/2c Fruit 1/2c WW Bread 1oz  COLD-Chicken Salad 2oz & Cheese on WW Bread	8 Tuna 2oz Noodle 1 c pasta Casserole Vegetable 1/2c Fruit 1/2c WW Roll 2oz  COLD-PB 4TBL& J WW Bread -Sandwich
11 Turkey Meatballs 2oz Manicotti 1c Pasta w/ Marinara Vegetable 1/2c Fruit 1/2c  COLD-Turkey 2oz, Cheese, WW Bread Sandwich	12 Asian Chicken 2oz Meat Fried Rice 1c, Asian Veg 1/2c Fruit 1/2c WW Bread 2oz  COLD-Turkey Ham 2oz, Cheese, WW Bread Sandwich	13 Turkey Patty-2oz meat- Chicken Gravy Sweet Potatoes 1/2c Fruit 1/2c WW Roll 2oz  COLD-Turkey 2oz, Cheese, WW Bread Sandwich	14 BBQ Chicken 2oz Roasted Potatoes 1/2c Green Bean 1/2c Fruit 1/2c WW Roll 2oz  COLD-	15 Lemon Baked Fish 3oz w/ Tartar Sauce Mashed Potatoes 1/2c Peas & Carrots 1/2c Fruit 1/2c  COLD Turkey 2oz, Cheese, WW Bread Sandwich
18 Meatloaf 4oz w/ Mushroom Gravy Mash Potatoes 1/2c Cream Corn 1/2c WW Bread 2oz  COLD-Turkey Bologna 2oz, Cheese, WW Bread Sandwich	19 Cheese Lasagna 1c Pasta Meat 2oz w/ Marinara Sauce Vegetable 1/2c Fruit 1/2c WW Roll 2oz  COLD-Italian Sub 2oz Meat, WW Sub Sandwich	20 Lemon Pepper Chicken Breast 2oz Mashed Potatoes 1/2C Vegetable 1/2c Fruit 1/2c WW Roll 2oz COLD-Turkey Ham 2oz, Cheese, WW Bread Sandwich	21 Chicken, Meat 2oz Fettuccine 1c Pasta w/ Alfredo Sauce Vegetables 1/2c Fruit 2oz WW Bread 2oz COLD-Turkey Bologna 2oz, Cheese, WW Bread Sandwich	22 Baked Fish Vera Cruz 3oz, Cuban Black Beans 1/2c Tropical Fruit 1/2c WW Bread 2oz  COLD-Turkey Salami 1oz, Cheddar Cheese 1oz, WW Bread Sandwich
25 Spaghetti 1c pasta Marinara, Turkey Meatballs 2oz Vegetable 1/2c Fruit 1/2c WW Bread 2oz COLD-Turkey Ham 2oz, Cheese, WW Bread	26 Turkey 2oz Gravy Vegetable 1/2c Fruit 1/2c WW Bread Stuffing 2oz  COLD-Italian Sub 2oz Meat, WW Sub Sandwich	27 Salisbury Steak 4oz w/ Gravy Mash Potatoes 1/2c Green Beans 1/2c Fruit 1/2c  COLD-Turkey Ham 2oz, Cheese, WW Bread	28 Turkey Hot Dog 2oz Roasted Potatoes 1/2c Baked Beans 1/2c WW Bun 2oz  COLD-Turkey 2oz, Cheese, WW Bread Sandwich	Seafood 2oz Pasta Alfredo 1 c Pasta Vegetable 1/2c Fruit 1/2c WW Bread 2oz  COLD- Tuna Salad 2oz & Cheese, WW Bread

Each entrée includes a minimum of two (2) oz. meat/meat alternative and/or cheese and a 1/2 cup of two (2) different fruits, vegetables or juice (fresh and/or canned) plus two (2) oz. of grain/bread, four (4) oz. of juice is delivered for breakfast. Eight (8) oz. of white 2% milk is served with each meal. This menu, as written, is suitable for regular, sodium restricted and consistent carbohydrate (diabetic) diets.

*Will ms RD365526*

JOYCE WILKINS, M.S., R.D. | DIETITIAN

Rosie's

Town  
SQUARE

Diner