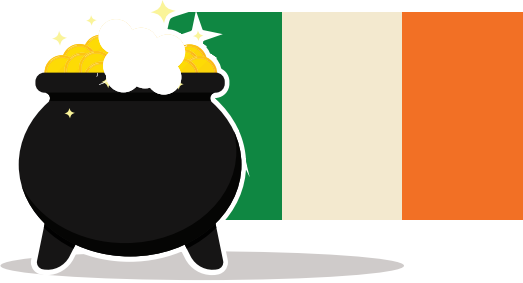


MARCH MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

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

MONDAY



TUESDAY

1 WEDNESDAY

Chicken Salad with a Tomato Half, Carrot & Celery Sticks, Whole Wheat Bread, and a Fresh Banana

2 THURSDAY

Tortellini with Pork Meatballs**, Spinach, Wax Beans, a Whole Grain Bread Stick, Pears, & Birthday Cake

3 FRIDAY

Shepherd's Pie stuffed with Mashed Potatoes, Mixed Vegetables, a Whole Wheat Roll, and Apple Sauce

6

Pork** Stir Fry over Brown Rice, with Asian Blend Vegetables, Snap Peas, and a Mandarin Orange

7

Balsamic Glazed Chicken, with Cauliflower, Spinach, a Whole Wheat Roll, and Pineapple

8

Salisbury Steak with Mashed Potatoes & Gravy, Carrots, a Whole Wheat Roll, Sliced Apples, and a Choc Chip Cookie

9

Shrimp Alfredo over Linguini, with Stewed Tomatoes, Mixed Vegetables, and Mixed Berries

10

Chef Salad (Turkey, Ham and Cheese)**, Carrots & Celery Sticks, Tomatoes, a Whole Grain Breadstick, and a Fresh Pear

13

Turkey Meatball Submarine Sandwich on a Hoagie Roll, with Oven Potato Wedges, Carrots, and Fresh Apple

14

Sweet and Sour Pork** over Brown Rice, with Snap Peas, Grilled Vegetables, and Strawberries

15

Cod Fish Tacos on Whole Grain Tortillas, with Pinto Beans, Stewed Tomatoes, & Cinnamon Peaches

16

Chicken Marsala, with Spinach, Cauliflower, a Whole Grain Breadstick, and an Apple Crisp

17

Corn Beef and Cabbage with Red Potatoes, Rye Bread, and Mixed Berries

20

Beef Stew with Roasted Sweet Potatoes, Brussel Sprouts, a Whole Grain Roll, and a Fresh Apple

21

Sesame Chicken over Brown Rice, with Sliced Carrots, Green Beans, and Sliced Peaches

22

Pulled Pork Sandwich on a Wheat Bun**, with Spinach, Mashed Potatoes, and a Blueberry Crisp

23

Tilapia with Dill, Corn, Broccoli & Cauliflower, a Whole Grain Roll, and Sliced Pears

24

Egg Salad Sandwich on Wheat Bread, with a 3-Bean Salad, Carrot Sticks, and Pineapple Chunks

27

Chicken Parmesan with Roasted Red Potatoes, Yellow Squash, a Whole Grain Breadstick, & Sliced Apricots

28

Hamburger topped with Sliced Tomatoes and Lettuce on a Whole Grain Bun, with Spinach, and Sliced Apples

29

Lemon Pepper Tilapia over Brown Rice, with Mixed Vegetables, Zucchini, a Banana, & Chocolate Cake

30

Garden Salad (Lettuce, Tomato, Ham, Turkey, Cheese)**, with Baby Carrots, Broccoli Salad, a Whole Wheat Croissant, and a Tropical Fruit Cup

31

Pork Chop** with Tri-Color Potatoes, Italian Blend Vegetables, a Whole Grain Roll, and Mandarin Oranges