

March 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Mini filet Twice baked potato Asparagus	3 Broccoli, rice and chicken Fresh fruit Hard roll	4 pork chops Confetti rice Marinated veggies	5 Chicken Florentine Over spaghetti Steamed veggies	6 Shrimp Creole Basmati rice Fruit salad	7
8	9 Baked ham Sweet potatoes Brussel sprouts	10 Mexican chicken Fresh fruit Hard roll	11 Tenderloin Stroganoff buttered noodles Broccoli	12 Roasted turkey Stuffing Green beans	13 Salmon loaf Mashed potatoes Creamed peas	14
15	16 Pork roast Rosemary potatoes Broccoli	17 Chicken tetrizzini Lima beans with red peppers Dinner roll	18 Beef brisket Mashed potatoes and gravy Mixed veggies	19 Stuffed pork Tenderloin Cheesy potatoes Asparagus	20 Spinach stuffed salmon Curried couscous dinner roll	21
22	23 Tenderloin tips in mushroom sauce Mashed potatoes Veggies	24 Chicken a-la-king Philo cup Mixed berries	25 Crab cakes Rice pilaf Fruit salad	26 Lasagna Garlic bread Tossed salad	27 Shrimp scampi Angel hair pasta Asparagus	28
29	30 Chicken cacciatore Cheese bread Broccoli	31 Beef enchiladas Spanish rice Refried beans				Broadmoor Market 402-391-0312