

<b>MENU</b>	<b>Meal \$3.50 60+/\$9.00 under 60</b>	<b>Tues Evening Meal</b>	<b>All meals served with 1% Milk</b>
<b>Cortez March 2012</b>			
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Friday</b>
			<b>2</b>
			<b>Salmon Patties w/ Cream Sauce</b>
			<b>Steamed Brown Rice</b>
			<b>Mixed Vegetables</b>
			<b>Whole Wheat Roll</b>
			<b>Tangerine</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Pork Chops</b>	<b>Tuna Noodle Casserole</b>	<b>Oven Baked Chicken</b>	<b>BBQ Pork Ribs</b>
<b>Roasted Sweet Potato</b>	<b>Mixed Vegetables</b>	<b>Steamed Brown Rice</b>	<b>Cooked Spinach</b>
<b>Brussel Sprouts</b>	<b>OJ Jello w/Pears</b>	<b>Mixed Vegetables</b>	<b>Whole Kernal Corn</b>
<b>Applesauce</b>	<b>Bran Muffin</b>	<b>Waldorf Salad</b>	<b>Potato Salad</b>
<b>Whole Wheat Roll</b>		<b>Bran Muffin</b>	<b>Fresh Apple Slices</b>
<b>Berry Parfait</b>		<b>Fresh Orange Quarter</b>	
<b>12</b>	<b>13</b>	<b>14</b>	<b>16</b>
<b>Meatloaf and Gravy</b>	<b>Everything Pizza</b>	<b>American Lasagna</b>	<b>Corned Beef w/ Broth</b>
<b>Mash. Potato/ Peas &amp; Carrots</b>	<b>Three Bean Salad</b>	<b>Seasoned Green Beans</b>	<b>Parsley Buttered Potatoes</b>
<b>Tossed Salad</b>	<b>Banana</b>	<b>Tossed Salad</b>	<b>Seasoned Cabbage &amp;</b>
<b>Jello Fruit Salad</b>	<b>Raisin Nut Cup</b>	<b>Wheat Roll</b>	<b>Carrots</b>
<b>Whole Wheat Roll</b>		<b>Apricots</b>	<b>Rye Bread</b>
			<b>Shamrock Cookies</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>23</b>
<b>Beef Stew</b>	<b>Salisbury Steak W/ Mushroom Gravy</b>	<b>Herbed Baked Chicken</b>	<b>Liver and Onions or Salisbury Steak w/ Gravy</b>
<b>Homemade Biscuit</b>	<b>Baked Potato/Broccoli</b>	<b>Peas and Carrots</b>	<b>Baked Potato</b>
<b>Winter Fruit Salad</b>	<b>Tossed Salad</b>	<b>Jeannie's Salad</b>	<b>Broccoli Cuts</b>
	<b>Whole Wheat Roll</b>	<b>Bran Muffin w/Raisin</b>	<b>Tossed Salad</b>
	<b>Fluffy Fruit Salad</b>		<b>Whole Wheat Roll</b>
			<b>Apple Crisp w/ Topping</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>30</b>
<b>Cheeseburger Pie</b>	<b>Chicken N Dumplins</b>	<b>Braised Beef over Noodles</b>	<b>Baked Talapia</b>
<b>Tossed Salad</b>	<b>Broccoli</b>	<b>Glazed Carrots</b>	<b>Green Peas</b>
<b>Seasoned Green Beans</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Yogurt &amp; Cucumber Salad</b>

<b>Plums</b>	<b>Apple Crisp</b>	<b>Saucy Fruit Salad</b>	<b>Mandarin Oranges</b>
<b>Whole Wheat Roll</b>		<b>Bran Muffin</b>	<b>Bran Muffin</b>