



WHITE RICE

ROASTED CAULIFLOWER

ROASTED ROSEMARY POTATOES

BAKED FLOUNDER W/LEMON CREAM SAUCE

CAJUN CHICKEN

GRILLED SKIRT STEAK W/AIOLI SAUCE

PASTA PESTO

SPINACH RAVIOLIS W/SPINACH CREAM

Soup of the Day

BEEF CHILI
VEGGIE CHILI
CHICKEN NOODLE
TURKEY CHILI
SMOKED TOMATO









SPINACH RICE

GRILLED ASPARAGUS W/TRUFFLE OIL

STEAMED BROCCOLI W/GARLIC-HERB BUTTER

BAKED COD W/MUSTARD SAUCE

CHICKEN MARSALA

SWEET & SOUR MEATBALLS

Soup of the Day

BEEF CHILI

VEGGIE CHILI

CHICKEN NOODLE

TURKEY CHILI

BEEF BARLEY



PENNE A LA VODKA

FETTUCCINE ALFREDO







Wednesday March 27th 2024



VEGETABLE EGG FRIED RICE

BABY BOK CHOY

STEAMED SNAP PEAS & CAULIFLOWER

ROASTED SALMON W/LEMON CAPER SAUCE

CHICKEN & BROCCOLI

CRISPY SWEET CHILLI BEEF

VEGETABLE LO-MEIN

UPSIDE-DOWN PINEAPPLE CAKE





Soup of the Day

BEEF CHILI
VEGGIE CHILI
CHICKEN NOODLE
TURKEY CHILI
CHICKEN DUMPLING





Thursday March 28st 2024



CHICKEN & RICE
GRILLED ZUCCHINI
MASHED POTATOES W/GRAVY
BAKED BASA W/CREAMY TUSCAN SAUCE
GRILLED BBQ CHICKEN
BBQ BEEF BRISKET
MAC & CHEESE
CORN BREAD



BEEF CHILI

VEGGIE CHILI

CHICKEN NOODLE

TURKEY CHILI

SAUSAGE & TORTELLINI







Friday March 29th 2024



WHITE RICE

ROASTED LEMON POTATOES

GRILLED VEGETABLES

BAKED HADDOCK W/ROASTED TOMATO SAUCE

BAKED TILAPIA W/DILL SAUCE

BAKED JERK CHICKEN

CHEESE RAVIOLIS W/MARINARA SAUCE

CARBONARA

Soup of the Day

BEEF CHILI

VEGGIE CHILI

TURKEY CHILI

CHICKEN NOODLE

LENTIL





