

# DEERFIELD/CAREPRO/JRUTHADAC MENU MARCH 2019

<u>MONDAY –</u>	<u>TUESDAY –</u>	<u>WEDNESDAY –</u>	<u>THURSDAY –</u>	<u>FRIDAY – 1<sup>ST</sup></u>
				<u>3Z PORK PATTY</u> <u>2Z GRAVY</u> <u>4Z POTATO WEDGES</u> <u>4Z FALL/WINTER VEGETABLES</u> <u>2Z DINNER ROLL/WWBREAD</u> <u>4Z MIXED FRUIT</u> <u>8Z MILK</u>
<u>MONDAY – 4TH</u> <u>4Z BEEF, ONIONS AND PEPPERS</u> <u>2Z GRAVY</u> <u>4Z WHIP POTATO</u> <u>4Z COUNTRY VEGETABLES</u> <u>2Z WW ROLL/W BREAD</u> <u>4Z SLICED APPLES</u> <u>8Z MILK</u>	<u>TUESDAY – 5TH</u> <u>3Z CILANTRO CHICKEN</u> <u>2Z SAUCE</u> <u>4Z WHIP POTATO</u> <u>4Z GREEN BEANS</u> <u>2Z OATMEAL ROLL/WBREAD</u> <u>4Z MANDARIN ORANGES</u> <u>8Z MILK</u>	<u>WEDNESDAY – 6TH</u> <u>8Z STUFFED SHELLS W/SAUCE</u> <u>4Z JARDINIERE VEGETABLES</u> <u>1Z MULTIGRAIN BREAD</u> <u>4Z PEACHES</u> <u>8Z MILK</u>	<u>THURSDAY – 7TH</u> <u>3Z ROAST TURKEY</u> <u>2Z GRAVY</u> <u>4Z MASHED POTATOES</u> <u>4Z WINTER SQUASH</u> <u>2Z SNOWROLL/WWBREAD</u> <u>4Z PINEAPPLE</u> <u>8Z MILK</u>	<u>FRIDAY – 8TH</u> <u>4Z TUNA SALAD</u> <u>4Z PASTA SALAD</u> <u>4Z COLE SLAW</u> <u>1Z 2 WHOLE WHEAT BREAD</u> <u>4Z PEARS</u> <u>8Z MILK</u>
<u>MONDAY – 11<sup>TH</sup></u> <u>8Z AMERICAN CHOP SUEY</u> <u>4Z BROCCOLI</u> <u>1Z OATMEAL BREAD</u> <u>4Z MIXED FRUIT</u> <u>8Z MILK</u>	<u>TUESDAY – 12th</u> <u>5Z CHICKEN COQ AU VIN</u> <u>4Z PARSELY MASHED POTATO</u> <u>4Z MALIBU BLEND</u> <u>2Z MULTIGRAIN BREAD/BREAD</u> <u>4Z APPLESAUCE</u> <u>8Z MILK</u>	<u>WEDNESDAY – 13<sup>th</sup></u> <u>3Z ROAST PORK</u> <u>2Z APPLE GRAVY</u> <u>4Z POTATO WEDGES</u> <u>4Z BRUSSELS SPROUTS</u> <u>2Z WW BREAD/WBREAD</u> <u>1 BANANA</u> <u>8Z MILK</u>	<u>THURSDAY - 14th</u> <u>8Z CORNED BEEF HASH</u> <u>4Z CABBAGE &amp; CARROTS</u> <u>2Z RAISIN BREAD/WWB</u> <u>4Z MIXED FRUIT</u> <u>8Z MILK</u>	<u>FRIDAY – 15TH</u> <u>6Z BROCCOLI BAKE</u> <u>6Z EGG NOODLES</u> <u>4Z GREEN BEANS</u> <u>4Z PEACHES</u> <u>8Z MILK</u>
<u>MONDAY – 18TH</u> <u>5Z BUTTERMILK CHICKEN</u> <u>4Z WHIP SWEET POTATO</u> <u>4Z CALIFORNIA BLEND</u> <u>2Z OATMEAL BREAD/BREAD</u> <u>8Z MILK</u>	<u>TUESDAY – 19TH</u> <u>6Z RIGATONI PASTA</u> <u>5Z MEAT SAUCE</u> <u>4Z ITALIAN VEG BLEND</u> <u>1Z WWBREAD</u> <u>4Z PINEAPPLE CHUNKS</u>	<u>WEDNESDAY – 20TH</u> <u>3Z CHICKEN CUTLET</u> <u>2Z GRAVY</u> <u>4Z POTATO WEDGES</u> <u>4Z CABBAGE &amp; CARROTS</u> <u>2Z DINNER ROLL/WWBREAD</u>	<u>THURSDAY – 18TH</u> <u>3Z MEATLOAF</u> <u>2Z ROSEMARYGRAVY</u> <u>4Z MASH POTATOES</u> <u>4Z GREEN BEANS</u> <u>2Z MULTIGRAIN BREAD/WBREAD</u>	<u>FRIDAY – 19TH</u> <u>3Z SALISBURY STEAK</u> <u>2Z GRAVY</u> <u>4Z AU GRATIN POTATOES</u> <u>4Z MIXED VEGETABLES</u> <u>2Z WW HB ROLL</u>

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	<u>8Z MILK</u>	<u>4Z PEACHES</u> <u>8Z MILK</u>	<u>4Z PEARS</u> <u>8Z MILK</u>	<u>4Z MANDARIN ORANGES</u> <u>8Z MILK</u>
<u>MONDAY – 25th</u> <u>8Z BEEF STEW</u> <u>4Z MASHED POTATO</u> <u>2Z OATMEAL ROLL/BREAD</u> <u>4Z APPLESAUCE</u> <u>8Z MILK</u>	<u>TUESDAY – 26<sup>TH</sup></u> <u>5Z SWEET &amp; SOUR MEATBALLS</u> <u>4Z POTATO WEDGES</u> <u>4Z ORIENTAL BLEND</u> <u>2Z WWBREAD/WHEAT BREAD</u> <u>4Z PINEAPPLE</u> <u>8Z MILK</u>	<u>WEDNESDAY – 27<sup>TH</sup></u> <u>3Z GRILLED CHICKEN PARMESAN</u> <u>2Z SAUCE</u> <u>6Z PENNE PASTA</u> <u>4Z TAHINI BLEND VEG</u> <u>1Z MULTIGRAIN BREAD</u> <u>4Z PEACHES</u> <u>8Z MILK</u>	<u>THURSDAY – 28<sup>TH</sup></u> <u>4Z CHEESEBURGER</u> <u>1 KETCHUP</u> <u>4Z ROASTED POTATOES</u> <u>4Z MALIBU BLEND</u> <u>2Z WW HB ROLL</u> <u>4Z SLICED APPLES</u> <u>8Z MILK</u>	<u>FRIDAY – 29<sup>TH</sup></u> <u>3Z CHICKEN FILET</u> <u>2Z LEMON DILL SAUCE</u> <u>4Z MASH POTATO</u> <u>4Z ROMAN BLEND VEG</u> <u>2Z WW BREAD/BREAD</u> <u>4Z MIXED FRUIT</u> <u>8Z MILK</u>

<u>SATURDAY – 2ND</u> <u>4Z TURKEY SALAD</u> <u>4Z POTATO SALAD</u> <u>4Z COLE SLAW</u> <u>2Z 2 WWBREAD</u> <u>4Z PEACHES</u> <u>8Z MILK</u>	<u>SATURDAY – 9<sup>TH</sup></u> <u>4Z HAM AND CHEESE</u> <u>4Z MACARONI SALAD</u> <u>4Z MARINATED VEG SALAD</u> <u>2Z 2 MULTIGRAIN BREAD</u> <u>4Z PINEAPPLE</u> <u>8Z MILK</u>	<u>SATURDAY – 16<sup>TH</sup></u> <u>4Z EGG SALAD</u> <u>4Z TORTELLINI SALAD</u> <u>4Z CARROT RAISIN SALAD</u> <u>2Z WW BREAD</u> <u>4Z PEARS</u> <u>8Z MILK</u>	<u>SATURDAY – 23RD</u> <u>4Z SLICED TURKEY</u> <u>4Z PASTA SALAD</u> <u>4Z PICKLED BEET SALAD</u> <u>2Z WWBREAD</u> <u>4Z MIXED FRUIT</u> <u>8Z MILK</u>	<u>SATURDAY – 30<sup>TH</sup></u> <u>4Z TUNA SALAD</u> <u>4Z POTATO SALAD</u> <u>4Z CHICK PEA SALAD</u> <u>2Z 2 OATMEAL ROLL</u> <u>4Z MANDARIN ORANGES</u> <u>8Z MILK</u>
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