

Week 3 Dinner Menu



	Monday 18-Mar	Tuesday 19-Mar	Wednesday 20-Mar	Thursday 21-Mar	Friday 22-Mar	Saturday 23-Mar	Sunday 24-Mar
	Ramen Noodle Bar Lo Mein Noodle Juileene Cut Chicken Sliced Mushroom Chicken Broth, Garlic, Rice Vinegar Ginger, Black Pepper		Mexican Taco Salad Mixed Greens, Shredded Cheddar Seasoned Ground Beef, Roasted Corn Roasted Black Beans, Diced Tomatoes Sour Cream, Salsa Creamy Sriracha Ranch and Ranch Dressing		Indian Chicken Rice Bowl Basmati Rice Chicken Curry Sauce Naan Bread		
	Toasted Turkey & 3 Cheese Hoagie	Garlic Parmesan Hoagie Sandwich	Chicken, Avocado, Bacon, Cheese and Ranch Mayo On Ciabatta	Ham and Pepper Sandwich	50 States-Tennessee BLT Turkey Wrap	Buffalo Chicken Wrap	Herb Roasted Vegetables with Pesto Mayo
	Teriyaki Chicken Rice Pilaf Sautéed Peas with Red Peppers Sautéed Squash	GF Cornbeef GF Cabbage GF Salted Potatoes GF Carrots GF Soda Bread	GF Grilled Ham with Peach Glaze GF V Baked Potatoes GF V Roasted Cauliflower GF V Steamed Carrots with Sage	GF Smoky Fried Chicken GF Mashed Potatoes GF Baked Marinated Vegetables GF Zucchini and Squash	GF Grilled Salmon GF V Kansas Blend Pilaf GF Garlic Roasted Broccoli GF Sautéed Green Beans	GF Herb Roasted Chicken Thighs GF V Mashed Potatoes GF Sautéed Brussel Sprouts GF V Cauliflower GF Cavatappi with Sausage and Marinara	GF Sliced Marinated Flank Steak GF V Herb Roasted Potatoes GF V Green Beans GF V Broccoli GF Stuffed Shells
	V Taco Pizza V Cheese Pizza V Pepperoni Pizza V Spaghetti, Penne Pasta V GF Marinara Sauce V GF Alfredo Sauce V Meatballs and Sautéed Peppers	V Mac and Cheese Pizza V Cheese Pizza V Pepperoni Pizza V Spaghetti, Penne Pasta V GF Marinara Sauce V Alfredo Sauce V Meatballs and Sautéed Peppers	V Meatlovers Calzone V Cheese Pizza V Pepperoni Pizza V Cavatappi, Linquine V Marinara and Alfredo Sauces V Italian Sausage V Steamed Broccoli	V Spinach and Artichoke Pizza V Cheese Pizza V Pepperoni Pizza V Cavatappi, Linquine V Marinara and Alfredo Sauces V Italian Sausage V Steamed Broccoli	V Hawaiian Pizza V Cheese Pizza V Pepperoni Pizza V Cavatappi, Linquine V Marinara and Alfredo Sauces V Meatballs V Sautéed Peppers	V Cheese Pizza V Pepperoni Pizza V Roasted Vegetables and Spinach Pizza	V Cheese Pizza V Pepperoni Pizza V Roasted Vegetables and Spinach Pizza
		GF V Shepards Pie GF V Irish Potato Pancakes GF V Indian Summer Succotash		V Tofu Scramble GF V Kale & Cranberry Stir Fry V Roasted Artichokes			
	V Turkey Burgers Philly Cheese Steak Wrap GF V French Fries	Cheese Burger V Grilled Black Bean Burger GF V Home Made Fresh Cut Fries	Grilled Marinated Chicken Breast Beef Taco Wrap GF V French Fries	V Grilled Hamburgers Grilled Cheese GF V Home Made Fresh Cut Fries	Cheese Quesadilla Fish Sandwich with Cheese GF V French Fries	Cheese Burger Chicken Quesadilla GF Curly Fries	Buffalo Chicken Sandwich Spicy Pork Quesadilla GF V Tater Tots
	Orzo with Spinach and Feta Cheese Lo Mein Soba Noodle Salad Spinach Dip with Tortilla Chips	Orzo with Spinach and Feta Cheese Lo Mein Soba Noodle Salad Spinach Dip with Tortilla Chips	Roasted Corn Chicken Salad Mediterranean Bean Salad Buffalo Chicken Wing Dip with Tortilla Chips	Roasted Corn Chicken Salad Mediterranean Bean Salad Buffalo Chicken Wing Dip with Tortilla Chips	Roasted Corn Chicken Salad Mediterranean Bean Salad Buffalo Chicken Wing Dip with Tortilla Chips	Tomato, Cucumber and Onion Salad Baked Potato Salad	Tomato, Cucumber and Onion Salad Baked Potato Salad
	GF V Vegetable Rice Soup GF Chicken Corn Chowder	GF V Italian Bean Soup GF Irish Stew	V Minestrone Soup GF Cheddar Chicken Soup	V Cream of Tomato Soup GF Irish Stew	GF V Vegan Black Bean Soup GF New England Clam Chowder	Turkey Noodle Soup V Cream of Cauliflower Soup	Turkey Noodle Soup V Cream of Cauliflower Soup

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

- Denotes Vegetarian Item
- Denotes Vegan Item
- Denotes Gluten-Free Item