

March Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03/06/23	03/07/23	03/08/23	03/09/23	03/10/23
Ropa Vieja	Breaded Chicken Patty	Medianoche Sandwich (Turkey, Swiss Cheese, Pickles)	Spaghetti & Meat Sauce (Ground Turkey or Beef)	Arroz Amarillo con Pollo
Black Beans	Green Peas	Garbanzo Beans	Salad <i>Italian Dressing</i>	Mixed Vegetables
Tostones (plantains)	Fresh Apple Slices	Fruit Cocktail	Baby Carrots	Pears
Rice	Cuban Bread	Sweet Bread Mayo & Mustard	Spaghetti (in entrée)	Rice (in entrée)
03/13/23	03/14/23	03/15/23	03/16/23	03/17/23
Roast Turkey	Breaded Fish <i>Ketchup</i>	Picadillo	Baked Chicken	Hamburger (Lettuce & Tomato)
Green Peas	Salad <i>Ranch Dressing</i>	Yucca	Platano Maduro (plantains)	Oven Fried Potatoes
Black Beans	Steamed Baby Carrots	Mixed Vegetables	Peaches	Pears
White Rice	Soft Roll	Congri	Cuban Bread	Bun <i>Ketchup</i>
03/20/23	03/21/23	03/22/23	03/23/23	03/24/23
Adobo Baked Chicken	Sliced Turkey Sandwich	Ropa Vieja	Cuban Stew (with beef)	Chicken Nuggets <i>Honey Mustard</i>
Peas and Carrots	Cucumber Slices	Tostones (plantains)	Mixed Vegetables	Salad <i>Italian Dressing</i>
Peaches	Mixed Vegetables	Black Beans	Fresh Fruit	Fresh Mashed Potato
Congri	Bun	Rice	Moros	Soft Roll
03/27/23	03/28/23	03/29/23	03/30/23	03/31/23
Baked Sliced Turkey	Black Beans with Tomato and Onion	Picadillo	Pulpeta <i>Cuban Turkey Meatloaf</i>	Arroz Con Pollo
Fresh Sweet Potato	Platano Maduro (plantains)	Corn	Mixed Vegetables	Salad <i>Italian Dressing</i>
Broccoli Florets <i>Ranch Dip</i>	Applesauce	Seasonal Fresh Fruit	Mandarin Oranges	Yuca (with mojo)
Whole Grain Bread <i>Butter or Marg.</i>	Cuban Bread	Whole Grain Brown Rice	Soft Roll	Rice (in entrée)
Moros	Whole Grain Bread	Bun <i>Ketchup</i>	Brown Rice	Cuban Bread Mayo & Mustard