

RVCOG Food & Friends | March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested minimum donation is requested from seniors 60 & older. Non-seniors must pay full cost of the meal. 1% milk served with all meals..</p>	<p>ALLERGEN DISCLAIMER: We cannot guarantee that all menu items are free of allergens. We use shared equipment & handle allergens throughout the supply chain.</p>	1	2	3
		<p>Macaroni & Cheese Mixed Vegetable Blend Stewed Tomatoes Multigrain Roll Rocky Road Pudding</p>	<p>Beef Patty w/Brown Gravy Whipped Potatoes California Vegetable Blend Sunflower Seed Bread Lemon Blondie</p>	<p>Around the World Pork Carnitas w/Cilantro Lime Sauce Pinto Beans Corn O'brien Tortilla Cinnamon Chocolate Pudding</p>
6	7	8	9	10
<p>Turkey Divan Bake Green Beans Confetti Coleslaw Wheat Roll Oatmeal Cookie</p>	<p>Mexican Pasta Bake Fiesta Vegetable Blend Tossed Salad Rye Bran Roll Grace's Chocolate Bar</p>	<p>Birthday Meal HS Turkey Patty w/Poultry Gravy Garlic Whipped Potatoes Broccoli Cracked Wheat Bread Chocolate Cake</p>	<p>Beef Tamale Pie Corn O'Brien Brussel Sprouts Multigrain Roll Vanilla Pudding</p>	<p>Spinach Strata Broccoli Carrot Raisin Salad Seven Grain Roll Joy's Applesauce Cookie</p>
13	14	15	16	17
<p>Herbed Chicken w/Creamy Paprika Whipped Sweet Potatoes Spinach Whole Wheat Bread Mandarin Oranges</p>	<p>Meatloaf w/Mushroom Gravy Garlic Whipped Potatoes Broccoli French Bread Snickerdoodle Bar</p>	<p>Roast Pork w/Pork Gravy Roasted Red Potatoes California Vegetable Blend Squash Bread Chocolate Chip Bar</p>	<p>Breaded Fish w/Tartar Sauce Confetti Rice Broccoli Scandinavian Vegetable Blend Pineapple Tidbits</p>	<p>St. Patrick's Day Special Cornbeef & Cabbage Green Peas Winter Vegetable Blend Multigrain Roll Coconut Treasure Cake</p>
20	21	22	23	24
<p>Turkey A La King Whipped Potatoes Glazed Carrots Garlic Bread Choc Oatmeal Bar</p>	<p>Chicken Pastina Whole Kernel Corn Peas & Carrots Oat Bran Wheat Roll Carrot Cake</p>	<p>BBQ Smokehouse Chop Colcannon Potatoes Green Beans w/Red Peppers Lemon Cookie Rye Wheat Bread</p>	<p>Sloppy Joe Baked Beans Tater Gems Hamburger Bun Oreo Fluff</p>	<p>Chicken Alfredo Bake Italian Vegetable Blend Garden Vegetable Salad Oat Bran Wheat Roll Snickerdoodle Bar</p>
27	28	29	30	31
<p>Beef Spanish Rice Green Beans Chuckwagon Corn Squash Bread Seasonal Fruit</p>	<p>Three Cheese Lasagna Mixed Vegetable Blend Green Peas Wheat Roll Peanut Butter Bar</p>	<p>Meatloaf w/Brown Gravy Tater Gem Peas & Carrots French Bread Banana Pudding</p>	<p>Swedish Meatballs w/Sauce Lyonnais Potatoes Scandinavian Vegetable Blend Sunflower Seed Bread Chocolate Chip Cookie</p>	<p>Turkey Pot Pie Biscuit Green Beans w/Red Peppers Italian Vegetable Blend Zucchini Brownie</p>

