S R D A CONGREGATE MENU

March . 2014

MONDAY	Carbs	TUESDAY	Carbs	WEDNESDAY	Carbs	THURSDAY	Carbs	FRIDAY	Carbs
3		**4**		**5**		**6**		**7**	
Chili Con Carne	36	Herb Baked Chicken	1	Manicotti	25	Beef Tips in Gravy	5	Salmon Patty w/ Lemon	10
Spanish Rice	21	Rice Pilaf	21	Honey Glazed Carrots	12	Creamed Spinach	9	Scalloped Potatoes	18
Asparagus	1	Green Beans	6	Winter Mixed Vegetables	7	Calico Corn	17	Broccoli	6
Calabacita	8	Creamy Cole Slaw	10	Baked Apple	24	Cucumber & Onion Salad	11	Jello	22
Apricots	15	Milk	11	Milk	11	Milk	11	Milk	11
Milk	11	Navy Bean Soup	21	Black Bean Lentil Soup	22	Fresh Orange	16	Split Pea Soup	14
10		**11**		**12**		**13**		**14**	
Chicken Sukiyaki	24	Roast Beef in Gravy	5	Italian Chicken	29	Beef Soft Taco	16	Tuna Noodle Casserole	37
Broccoli	6	Potato Layonniase	28	Cauliflower w/ Cheese	3	w/Lettuce/Tom/Cheese/Salsa	5	Mashed Butternut Squash	28
Peas & Onions	14	Oregon Mixed Vegetables	12	Scandinavian Mixed Veg	7	Pinto Beans	21	Roasted Cauliflower	4
Fresh Tangerine	13	Pickled Beets	19	Banana	34	Yellow Squash	4	Coconut Fruit Salad	35
Milk	11	Yogurt w/ Fruit	23	Milk	11	Milk	11	Milk	11
Egg Drop Soup	1	Milk	11			Garden Vegetable Soup	10	Creamy Tomato Soup	19
17		**18**		**19**		**20**		**21**	
Corned Beef & Cabbage	7	Chicken Fajita/Flour Tortilla	45	Cuban Style Roast Pork	8	Turkey Rice Casserole	23	Macaroni & Cheese	33
Parslied Potatoes	21	Spanish Rice	21	Baked Potato	21	Green Beans	6	Winter Mixed Vegetables	7
Sugar Snap Peas	8	Calabacita	8	Brussel Sprouts	7	Scandinavian Mixed Veg	7	Green Beans Almandine	8
Jello	1	Tangerine	12	Wheat Bread	15	Banana	34	Apricots	15
Milk	11	Milk	11	Apple	19	Milk	11	Milk	11
Cream of Broccoli Soup	27	Chicken Green Chili Soup	13	Yogurt	17	Beef Vegetable Soup	13	Minestrone Soup	13
				Milk	11				
24		**25**		**26**		**27**		**28**	
Turkey Mediterranean	10	Ham & Cheese Quiche	16	Meatloaf	20	Pulled Pork Sandwich	33	Lemon Pepper Tilapia	5
Baked Sweet Potato	25	Spinach	5	Oven Roasted Potatoes	25	Sugar Snap Peas	8	Vegetable Couscous	18
Peas	12	Riveria Mixed Vegetables	4	Brussel Sprouts	7	Honey Glazed Carrots	12	Italian Mixed Vegetables	11
Cinnamon Applesauce	14	Fresh Orange	16	Carrot Raisin Salad	14	Potato Salad	20	Strawberries & Bananas	24
Trail Mix	17	Milk	11	Milk	11	Milk	11	Milk	11
Milk	11	Crm of Mushroom Soup	16			Veg Florentine Soup	14	Creamy Potato Soup	23
31									
Lemon Chicken	5								
Broccoli	6								
Rosemary Roasted Potatoes	25								
Sparkling Pears	18								
Milk	11								
Chicken Barley Soup	16								

IMPORTANT INFORMATION: Numbers next to each meal item indicate the number of carbohydrates in grams for that item