

Connections AAA - Congregate March 2017



MENUS ARE SUBJECT TO CHANGE CHO denotes Carbohydrate Choices 1 CHO = 15 grams of Carbohydrates		Wednesday 3/1/2017 Ash Wednesday	Thursday 3/2/2017	Friday 3/3/2017
		Lemon Pepper Fish with Dill Sauce or Beef Patty with Mushroom Gravy Confetti Rice (1.5 CHO) Carrots (1 CHO) Multi Grain Bread (1 CHO) Banana Pudding (2 CHO) Coffee Milk (1 CHO) Margarine	Turkey Breast with Lemon Herb Sauce Baked Sweet Potato (2 CHO) Broccoli and Cauliflower Dinner Roll (1 CHO) Peanut Butter Cookie (1 CHO) Coffee Milk (1 CHO) Margarine	Macaroni and Cheese (2 CHO) Italian Mixed Vegetables (0.5 CHO) Cabbage Spiced Pear Muffin (2 CHO) Coffee Milk (1 CHO) Margarine
Monday 3/6/2017	Tuesday 3/7/2017	Wednesday 3/8/2017 	Thursday 3/9/2017	Friday 3/10/2017
Creamy Garlic Chicken Cheesy Parslief Potatoes (1 CHO) Harvard Beets (1.5 CHO) Multi Grain Bread (0.5 CHO) Apricots (1.5 CHO) Coffee Milk (1 CHO) Margarine	Salisbury Beef (0.5 CHO) Baked Sweet Potato (2 CHO) Broccoli Wheat Roll (1 CHO) Applesauce (1 CHO) Coffee Milk (1 CHO) Margarine	Roast Beef with Gravy Mashed Red Potatoes (1.5 CHO) California Vegetable Blend Dinner Roll Birthday Cake (2 CHO) Coffee Milk (1 CHO) Margarine	Sweet and Sour Chicken (2 CHO) Rice (1.5 CHO) Baby Carrots (0.5 CHO) Multi Grain Bread (0.5 CHO) Chocolate Chip Cookie (1.5 CHO) Coffee Milk (1 CHO) Margarine	Vegetable Bean Stew (2.5 CHO) Baked Potato (1.5 CHO) Green Beans Cinnamon Roll (1.5 CHO) Coffee Milk (1 CHO) Margarine (2) Sour Cream
Monday 3/13/2017	Tuesday 3/14/2017	Wednesday 3/15/2017	Thursday 3/16/2017	Friday 3/17/2017 St. Patrick's Day
Baked Chicken with Gravy Whipped Potatoes (1.5 CHO) Harvard Beets (1.5 CHO) Multi Grain Bread (0.5 CHO) Fresh Banana (1.5 CHO) Coffee Milk (1 CHO) Margarine	Liver and Onions (2 CHO) or Beef Patty w/Onion Gravy (1 CHO) Whipped Potatoes (1.5 CHO) Capri Vegetable Blend Wheat Roll (1 CHO) Cinnamon Sugar Cookie (1 CHO) Coffee Milk (1 CHO) Margarine	Chicken & Dumplings (1 CHO) Whole Kernel Corn (1 CHO) Club Spinach (0.5 CHO) Dinner Roll (1 CHO) Apricots (1.5 CHO) Coffee Milk (1 CHO) Margarine	Pulled Pork Baked Beans (2 CHO) Coleslaw (0.5 CHO) Wheat Hamburger Bun (1 CHO) Apple Cobbler (2 CHO) Coffee Milk (1 CHO) BBQ Sauce	Corned Beef or Potato Crusted Fish (1 CHO) Red Whole Potatoes (1 CHO) Cabbage and Carrots Rye Bread (1 CHO) Lime Gelatin Cake (3 CHO) Coffee Milk (1 CHO) Margarine
Monday 3/20/2017	Tuesday 3/21/2017	Wednesday 3/22/2017	Thursday 3/23/2017	Friday 3/24/2017
Beef Spaghetti Casserole (1.5 CHO) Green Beans Cabbage with Carrots Dinner Roll (1 CHO) Peaches (1.5 CHO) Coffee Milk (1 CHO) Margarine	Pork Loin with Supreme Sauce Red Potatoes (1 CHO) Brussels Sprouts (0.5 CHO) Wheat Roll (1 CHO) Fruit Cocktail (1.5 CHO) Coffee Milk (1 CHO) Margarine	Hamburger Patty Lettuce & Tomato Macaroni & Cheese (1.5 CHO) Coleslaw (0.5 CHO) Hamburger Bun (1 CHO) Apple Cobbler (2 CHO) Coffee Milk (1 CHO) Ketchup 	Tomato Basil Chicken Parslief Noodles (1.5 CHO) Green Peas (1 CHO) Wheat Bread (1 CHO) Strawberry Shortcake Cookie (1.5 CHO) Coffee Milk (1 CHO) Margarine	Tuna Noodle Casserole (1.5 CHO) Zucchini and Tomatoes Diced Carrots (0.5 CHO) Dinner Roll (1.5 CHO) Fruit Cocktail (1.5 CHO) Coffee Milk (1 CHO) Margarine
Monday 3/27/2017	Tuesday 3/28/2017	Wednesday 3/29/2017	Thursday 3/30/2017	Friday 3/31/2017
Balsamic Onion Chicken (0.5 CHO) Oven Roasted Potatoes (1 CHO) Mixed Greens Salad Wheat Roll (1 CHO) Hot Peaches (1.5 CHO) Coffee Milk (1 CHO) Margarine Assorted Salad Dressing	Country Fried Steak with Gravy (1 CHO) Whipped Potatoes (1.5 CHO) Mixed Vegetables (1 CHO) Wheat Bread (1 CHO) Fruited Gelatin (2.5 CHO) Coffee Milk (1 CHO) Margarine 	Turkey Ham and White Beans (2 CHO) Green Peas (1 CHO) Cornbread (1.5 CHO) Hot Apples (1 CHO) Coffee Milk (1 CHO) Margarine	Homemade Meatloaf (0.5 CHO) Tomato Gravy Scalloped Potatoes (1 CHO) Green Beans (0.5 CHO) Multi Grain Bread (0.5 CHO) Pears (1.5 CHO) Coffee Milk (1 CHO) Margarine	Fish on a Bun (1 CHO) or Hamburger Parslief Potatoes (1 CHO) Mixed Beans (2 CHO) Wheat Bun (1 CHO) Apricots (1.5 CHO) Coffee Milk (1 CHO) Margarine