










**Connections AAA - Congregate  
March 2019**

			<b>Friday 3/1/2019</b>	
			<b>**MENU SUBJECT TO CHANGE WITHOUT NOTICE**</b>	
			Pulled Pork BBQ Sauce Whole Kernel Corn Baked Beans Wheat Hamburger Bun Fresh Seasonal Fruit Coffee Milk	
<b>Monday 3/4/2019</b>	<b>Tuesday 3/5/2019</b>	<b>Wednesday 3/6/2019 <i>Ash Wednesday</i></b>	<b>Thursday 3/7/2019</b>	<b>Friday 3/8/2019</b>
Liver & Onions or Beef with Onion Gravy Whipped Potatoes Roasted Brussels Sprouts Wheat Roll Fruit Cocktail Coffee Milk Margarine	BBQ Pork Rib Patty Parslied Potatoes Coleslaw Wheat Hamburger Bun Sliced Apples Coffee Milk Red Onion & Pickles	Vegetable Lasagna  Harvard Beets Glazed Baby Carrots Wheat Roll Strawberry Shortcake Cookie Milk Margarine	Taco Meat Lettuce & Tomato Shredded Cheese Mixed Beans Tortilla Chips  Cinnamon Sugar Cookie Coffee Milk Taco Sauce	Tuna Noodle Casserole Green Peas Carrots Dinner Roll Mandarin Oranges Coffee Milk Margarine
<b>Monday 3/11/2019</b>	<b>Tuesday 3/12/2019</b>	<b>Wednesday 3/13/2019</b>	<b>Thursday 3/14/2019 <i>St. Patrick's Day</i></b>	<b>Friday 3/15/2019</b>
Chicken Fettucini Alfredo  Glazed Baby Carrots Wheat Bread Peaches Coffee Milk Margarine	Pineapple Chicken Red Potatoes Roasted Brussels Sprouts Wheat Roll Fresh Seasonal Fruit Coffee Milk Margarine	Roast Beef Brown Gravy Whipped Potatoes California Vegetable Blend Wheat Roll Birthday Cake Coffee Milk Margarine	Corned Beef Baby Red Potatoes Cabbage Rye Bread Lime Gelatin Cake Milk Margarine	Breaded Fish Fillet Parslied Potatoes Stewed Tomatoes Wheat Hamburger Bun Pineapple Tidbits Coffee Milk Tartar Sauce
<b>Monday 3/18/2019</b>	<b>Tuesday 3/19/2019</b>	<b>Wednesday 3/20/2019</b>	<b>Thursday 3/21/2019</b>	<b>Friday 3/22/2019</b>
Baked Chicken Breast Lemon Dill Sauce  Mashed Sweet Potatoes Seasoned Green Peas Wheat Roll Rocky Road Pudding  Coffee Milk Margarine	Beef Chili with Beans Baked Potato Tossed Salad Saltine Crackers Pineapple Upside Down Cake Coffee Milk Margarine (2) Sour Cream Salad Dressing	Pork Loin Brown Gravy Red Potatoes Cabbage Dinner Roll Oatmeal Cookie Coffee Milk Margarine	Hamburger Patty Lettuce, Tomato, & Onion Potato Salad Baked Beans Wheat Hamburger Bun Spiced Apples Coffee Milk Ketchup Mustard	Breaded Pollock Cheesy Potatoes Mixed Vegetables Hamburger Bun Pears Coffee  Milk Tartar Sauce Margarine
<b>Monday 3/25/2019</b>	<b>Tuesday 3/26/2019</b>	<b>Wednesday 3/27/2019</b>	<b>Thursday 3/28/2019</b>	<b>Friday 3/29/2019</b>
Meatloaf Brown Gravy Mashed Red Potatoes Sliced Carrots Multi-Grain Bread Banana Pudding  Coffee Milk Margarine	Turkey Breast Turkey Gravy Sweet Potato Casserole  Green Peas Wheat Roll Mandarin Oranges Coffee Milk Margarine	Beef Goulash Mixed Beans Wheat Bread Mixed Fruit Coffee Milk	Tomato Basil Chicken Baked Potato Mixed Vegetables Wheat Roll Chocolate Chip Brownie  Coffee Milk Margarine (2) Sour Cream	Cheese Omelet Roasted Diced Potatoes Hot Apples with Raisins Cinnamon Roll Orange Juice Coffee Milk Margarine



Indicates Meal is High in Sodium



Indicates New Menu Item