

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hot Open Turkey Sandwich Potato Wedges Tossed Salad w/ carrots Apple Slices Milk	3 Salisbury Steak w/ LS Gravy Sweet Potato Broccoli Multigrain Roll Fresh Fruit Milk	4 Tomato Basil Soup Southern Crusted Fish Rice and Carrots Rye Bread Canned Peaches Milk	5 Chicken Marsala Roasted Squash Green Beans Orange Juice Multigrain Bread Chocolate Pudding Milk	6 Eggplant Rolatini Ziti w/Sauce Caesar Salad Italian Bread Fresh Fruit Milk
9 Beef Stroganoff Bowtie noodles Green Beans Whole Wheat Bread Fresh Fruit Milk	10 Roasted Chicken Rosemary Potato Scandinavian Veg Wheat Roll Carrot Cake Milk	11 Pork Roast Mashed Potato Broccoli Pumpnickel Bread Mandarin Oranges Milk	12 Chicken Tortilla Soup Mushroom-Spinach Quiche Broiled Tomato Orzo Pilaf Marble Bread Fruit Cocktail Milk	13 Mediterranean Fish Brown Rice Pilaf Bean Blend Veg Dinner Roll Pineapple Milk
16 Minestrone Soup Cold Grinder (ham cheese turkey) Beet Salad Peaches Milk	17 St. Patrick's Day Corned Beef and Cabbage Boiled Potatoes Carrots Irish Soda Bread Bread Pudding Milk	18 Orange Chicken Fried Rice Peppers & Onions Wheat Bread Pineapple Milk	19 Beef and Bean Chili Roast Potato Wedge Roasted Squash Corn Bread Fresh Fruit Milk	20 Baked Ziti Salad w/ cucumbers Ranch dressing Breadstick Orange Juice Chocolate Cake Milk
23 Chicken Cacciatore Bowtie Noodles Cauliflower Italian Bread Fresh Fruit Milk	24 Italian Wedding Soup Unstuffed Peppers Salad w/Tomatoes balsamic dressing Whole Wheat Bread Pears Milk	25 Pulled Pork Sandwich Wheat Bun Coleslaw Baked Beans Fresh Fruit Milk	26 Roasted Turkey Mashed Butternut Squash Green Beans Rye Bread Apple Juice Brownie Milk	27 Tuna Boat—Tuna Salad /Hotdog Bun Pasta/Veg Salad Mixed Fruit Juice Vanilla Pudding Milk
30 Ravioli w/ Meat Sauce / Parmesan Broccoli Italian Bread Apple Juice Choc Chip Cookie Milk	31 Fish Sticks Tartar Sauce/Lemon Macaroni & Cheese Green Beans Rye Bread Fresh Fruit Milk		MARCH 2020 LUNCH MENU LIFEBRIDGE COMMUNITY SERVICES Nutrition for Mind, Body and Spirit	PLEASE BE SURE TO CALL YOUR LUNCH ORDER IN BY 11:30 ON THE DAY BEFORE YOU WISH TO EAT Call 203-468-3277 Please Join Us!! Suggested Donation \$3.00

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