 **MENU : March 2019 mars**



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| **Week of:**  **Semaine de:** | **Monday**  **lundi** | **Tuesday**  **mardi** | **Wednesday**  **mercredi** | **Thursday**  **jeudi** | **Friday**  **vendredi** |
| **March**  **mars**  **1** |  |  |  |  | **Vegetable and rice soup**  **Penne with tomato sauce and cheese**  **Peas**  **Fresh Fruit** |
| **March**  **mars**  **4-8** | **Broccoli soup**  **Chicken and rice**  **Hummus and pita bread**  **Baby corn**  **Fresh Fruit** | **Squash soup**  **Sweet and sour turkey loaf**  **Mashed potatoes**  **Carrots**  **Fresh Fruit** | **Baby spinach salad**  **Chinese macaroni**  **Whole wheat rolls**  **Mixed vegetables**  **Fresh Fruit** | **Garden zucchini soup**  **Crispy crumbly baked fish**  **Couscous**  **Fresh Fruit** | **Hearty quinoa soup**  **Eggplant parmesan**  **Peas**  **Fresh Fruit** |
| **March**  **mars**  **11-15** | **Tomato soup**  **Mushroom & cauliflower penne**  **Carrots**  **Fresh Fruit** | **Broccolini soup**  **Steak & Cheese subs**  **Peas**  **Fresh Fruit** | **Celery soup**  **Meatloaf**  **Rice pilaf**  **Broccoli**  **Fresh Fruit** | **Pea soup**  **Turkey and cheese**  **roll- ups**  **Carrots**  **Fresh Fruit** | **Garden salad**  **Spaghetti with meat sauce**  **Garlic bread**  **Fresh Fruit** |
| **March**  **mars**  **18-22** | **Beef and barley soup**  **Baked filet of Basa**  **Mixed vegetables**  **Fresh Fruit** | **Cauliflower soup**  **Egg salad and cheese sandwiches**  **Corn**  **Fresh Fruit** | **Broccolini**  **cheddar soup**  **Sloppy Joes**  **Mixed vegetables**  **Fresh Fruit** | **Potato leek soup**  **Grilled cheese sandwiches**  **Peas and carrots**  **Fresh Fruit** | **Sweet potato soup**  **Vegetarian shepherd’s pie**  **Mixed vegetables**  **Fresh Fruit** |
| **March**  **Mars**  **25-29** | **Winter squash soup**  **Chicken divan**  **Couscous**  **Fresh Fruit** | **Corn chowder**  **Baked pasta with mozzarella cheese**  **Spring greens**  **Fresh Fruit** | **Cream of**  **broccoli soup**  **Salmon loaf**  **Rice pilaf**  **Corn**  **Fresh Fruit** | **Carrot and cucumbers homemade dip**  **Cheese and veggie quiche**  **Fresh fruit** | **Minestrone soup**  **Margherita pizza**  **Green and yellow beans**  **Fresh Fruit** |
| **A fresh fruit dessert is served after each lunch.**  **Milk and water are served at lunch and during morning and afternoon snack.** | | | | | |