 **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.** |