# March 2020 Menu

<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
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| CREAM OF MUSHROOM SOUP  
½ CHICKEN SALAD SANDWICH  
BERRY CRISP  
CALORIES:710/CARB:72/SODIUM:470 | BEEF & RICE BURRITO  
SALSA, GUACAMOLE & SOUR CREAM  
CUCUMBER TOMATO SALAD  
SAUTEED CINNAMON APPLES  
CALORIES:750/CARB:95/SODIUM:750 | VEGETARIAN SHEPARD’S PIE  
LETTUCE & TOMATO  
CARROT SALAD  
FIG NEWTON  
CALORIES:670/CARB:85/SODIUM:540 | AMANDINE FISH  
BROCCOLI & WHEAT ROLL  
ORANGE  
LEMON BAR  
CALORIES:680/CARB:71/SODIUM:680 | SWEET & SOUR PORK  
VEGETABLES & RICE  
FORTUNE COOKIE  
ICE CREAM  
CALORIES:810/CARB:102/SODIUM:610 |
| SWISS CHEESE BURGER  
LETTUCE & TOMATOES  
SWEET POTATOE FRIES  
MIXED BERRIES  
CALORIES: 810/CARB:80/SODIUM:690 | WILD RICE CHICKEN SOUP  
½ EGG SALAD SANDWICH  
ORANGES  
CALORIES:760/CARB:75/SODIUM:660 | PORK TENDERLOIN BAKE  
SPINACH & BUTTERNUT SQUASH  
OATMEAL COOKIES  
CALORIES:730/CARB:90/SODIUM:620 | CHEF’S SALAD WITH TURKEY  
CHEESE, EGG  
BEANS & PEAS  
BREADSTICK  
PEACHES  
CALORIES:720/CARB:56/SODIUM:720 | VEGETABLE LASAGNA  
GREEN BEANS  
SAUTEED CINNAMON APPLES  
CALORIES:690/CARB:80/SODIUM:790 |
| LIME FISH  
ZUCCHINI LINGUINE  
STRAWBERRY & RHUBARB COMPOTE  
CALORIES:710/CARB:91/SODIUM:450 | ST. PATRICK’S DAY LUNCH  
ROAST BEEF & CABBAGE  
POTATOES  
ROLL  
DESSERT  
TICKET REQUIRED | OVEN FRIED CHICKEN  
ROASTED POTATOES  
BROCCOLI & WHEAT ROLL  
ORANGE  
CALORIES:820/CARB:83/SODIUM:570 | BIRTHDAY & ANNIVERSARY LUNCH  
SALISBURY STEAK WITH GRAVY  
MASHED POTATOES  
SAUTEED SPINACH  
FIG NEWTON  
BIRTHDAY CAKE & ICE CREAM  
CALORIES:800/CARB:92/SODIUM:710 | PORK SOFT TACOS  
SALSA & SOUR CREAM  
MEXICALI VEGGIES  
RICE  
BANANA  
CALORIES:700/CARB:85/SODIUM:740 |
| CHICKEN FAJITAS WITH  
BELL PEPPEPERS & ZUCCHINI  
SALSA, GUACAMOLE & SOUR CREAM  
RICE  
PEACHES  
CALORIES:680/CARB:78/SODIUM:740 | BEEF SPAGHETTI  
PARMESAN CHEESE  
GREEN BEANS  
GARLIC BREAD  
Pears  
CALORIES:760/CARB:85/SODIUM:730 | MACARONI & CHEESE  
BRUSSEL SPROUTS  
WHEAT ROLL  
STRAWBERRIES  
CALORIES:670/CARB:85/SODIUM:590 | BEEF CHILI CON CARNE  
SAUTEED CARROTS  
SPINACH & CORNBREAD  
Pears  
CALORIES:790/CARB:79/SODIUM:790 | LEMON PEPPER BAKED COD  
POTTIES AU GRATIN  
PINEAPPLE UPSIDE DOWN CAKE  
CALORIES:690/CARB:94/SODIUM:590 |
| BEEF & PEPPER STEAK  
BRUSSEL SPROUTS  
POUND CAKE WITH  
STRAWBERRIES & WHIP CREAM  
CALORIES:810/CARB:97/SODIUM:760 | HONEY DIJON CHICKEN  
POTATOES  
BEETS  
PEACHES  
CALORIES:730/CARB:64/SODIUM:480 | CALORIES: | Catholic Community Services  
Serving Western Washington  
**Salad Bar Daily**  
11:30 AM |