



March 2024 Dinner Specials



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Did you know?

- Everything is priced a la carte
- Breakfast is served 7:30-10am
- Lunch is served 11:30-2pm
- Dinner is served 5-7pm



A La Carte

Entrée.....\$5.98
Starch.....\$1.50
Vegetable.....\$1.50

1

BBQ Ribs
Corn Bread
Coleslaw

2

Chicken Picatta
Mushroom Barley
Spinach Salad

3

Honey Baked Ham
Macaroni & Cheese
Green Beans

4

Alaskan Sole
Lemon Orzo
Peas & Carrots

5

Chicken Sausage
Roasted Red
Potatoes
Sautéed Veggies

6

Meatloaf
Mashed Potatoes
Sautéed Zucchini

7

Kielbasa w/ Peppers
& Sauerkraut
Potato Pierogis
Roasted Broccoli

8

Lemon Caper
Chicken
Steamed Rice
Green Beans

9

Beef Stew
Warm Bread
Sautéed Kale and
Mushrooms

10

Turkey Tacos
Spanish Rice
Pico de Gallo & Chips

11

Beer Battered Fish
Potato Salad
Classic Carrot
Salad

12

Ham & Swiss Quiche
Breakfast Potatoes
Arugula Salad

13

Turkey Chili Bar
Corn Bread
Sautéed Zucchini



14

Gyro
Couscous
Hummus & Veggies

15

Sausage & Kale
Alfredo
Sweet Potato
House Salad

16

Chicken Caesar
Salad
French Bread
Butternut Squash
Soup

17

Corned Beef
Boiled Potatoes
Cabbage & Carrots



18

Turkey & Quinoa
Stuffed Peppers
Zucchini Bread
Spinach Soufflé

19

Chicken Stir-Fry
Fried Rice
Baby Bok Choy

20

Stuffed Shells
Garlic Bread
Chopped Spinach

21

Burger Bar
Red Potato Wedges
Greek Salad

22

Chicken Cordon Bleu
Macaroni & Cheese
Roasted Broccoli

23

Flank Steak
Baked Potato
Asparagus

24

Piña Pork Tacos
Chips & Salsa
Black Bean Corn
Salad

25

Cobb Salad
Quinoa Salad
Roasted Carrot
Soup

26

Chicken Fried
Steak
Scalloped Potatoes
Roasted Brussel
Sprouts

27

Chicken Parmesan
Bread Sticks
Green Beans

28

Turkey Pot Pie
Cheddar Biscuit
Glazed Carrots

29

Steak Tacos
Spanish Rice
Chips & Salsa

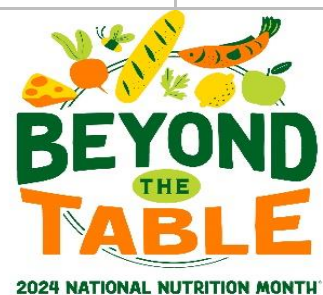
30

Chicken Alfredo
Focaccia Bread
Steamed Broccoli

31

Spaghetti Bolognese
Garlic Bread
Side Salad

National Nutrition Month® was initiated in 1973 as National Nutrition Week. It became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 13th.





2024 NATIONAL NUTRITION MONTH®

WORD SEARCH

Beyond the Table: At the Farmers Market

Words may be horizontal, vertical, diagonal, or backwards

Apples	S	L	Y	O	H	C	K	O	B	L	I	N	A	I
Bok Choy	E	C	Y	R	P	A	E	S	Q	C	M	V	Y	S
Blueberries	I	U	I	H	E	G	G	P	L	A	N	T	B	A
Carrots	R	A	D	S	N	G	C	I	L	R	G	R	D	E
Cauliflower	R	I	B	L	U	E	B	E	R	R	I	E	S	W
Eggplant	E	W	S	H	N	M	T	G	C	O	N	G	E	N
Green beans	B	O	O	K	E	S	L	S	A	T	S	W	O	A
Kale	P	R	R	I	A	T	E	R	U	S	N	I	T	T
Mushrooms	S	E	S	W	N	L	A	N	L	D	A	N	A	N
Nectarine	A	B	P	A	P	O	E	I	I	A	E	L	T	E
Okra	R	K	C	P	S	U	K	M	F	C	B	M	O	C
Onion	L	W	A	T	E	R	M	E	L	O	N	E	P	T
Potatoes	O	B	L	I	V	R	U	L	O	V	E	D	N	A
Peppers	R	E	N	D	M	U	S	O	W	Y	E	R	A	R
Raspberries	S	I	E	Y	L	O	H	A	E	E	R	I	M	I
Swiss Chard	C	T	H	C	N	G	R	I	R	G	G	N	E	N
Tomatoes	A	K	O	O	L	E	O	T	B	L	L	O	C	E
Watermelon	R	P	I	R	S	E	O	T	A	M	O	T	E	C
	K	N	P	A	U	C	M	Y	U	I	P	G	B	O
	O	M	U	S	W	I	S	S	C	H	A	R	D	R