

**Winter Growth, Inc.  
March 2020**

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
3 oz. Turkey Meat Loaf 1 c. Garden Peas ½ c. Brown Rice 36 gr. Roll 49 gr Pound Cake w. 1 C. Berries 8 oz 1% Milk	3 oz. Asian Chicken ½ c. Jasmine Rice ½ c. Straw Mushrooms ½ c. Sliced Carrots ½ c. Baby Corn 25 gr. Naan Bread ¾ c. Sherbet 8 oz 1% Milk	1 c. Beef Vegetable Soup (3 oz. Beef/ ¼ c. Potatoes, ¼ c Carrots, ¼ c Celery) ½ c. Egg Noodles 30 gr. WW Bread 1 c. Baked Apples 8 oz 1% Milk	3 oz. Tilapia ½ c. WW Pasta 1 c. Broccoli & ½ c. Cauliflower Mix 36 gr. Roll Italian Ice 8 oz 1% Milk	3 oz. Curry Chicken Thighs ½ c. Collard Greens ½ c. Braised Cabbage ½ c. Seasoned Rice 36 gr. Roll ½ c. Pineapple 8 oz 1% Milk	1 c. Lentil & Sausage Stew (3 oz. Sausage ½ c. Lentils) ½ c. Roasted Carrots 57 gr. Southern Biscuit ½ c. Applesauce 8 oz 1% Milk	3 oz. Salisbury Steak ¾ c. Collard Greens ½ c. Mac and Cheese ½ c. Strawberries/ Blackberries 30 gr. WW Bread 8 oz 1% Milk
Baked Fish Collard Greens Red Potatoes Fresh Baked Cookie	Italian Sausages with Peppers (RKH-roll) Penne Pasta Green Beans Garlic Bread Tiramisu	Pork Chops Stuffing Spinach Multi Grain Roll Angel Food w/ Strawberry Topping	3 Cheese Macaroni Bake Fruit Salad on Red Lettuce Green Peas WW bread Pudding	Manicotti (RKH-Mixed Greens) Mixed Vegetables Multi Grain Roll Fresh Fruit Mix	Roasted Chicken ½ Baked Potato Vegetable Soul Medley 1 slice WW bread Ice Cream	Vegetable Soup Ham or Chicken Sandwich w. Tomato on WW Bread Rice Pudding
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
1 c. Cheese Ravioli w/ Meat Sauce 1 c. Green Beans ½ c. Pearl Onions 50 gr. Garlic Bread Brownie 8 oz 1% Milk	3 oz. Baked Cod ½ c. Garden Peas ½ c. Glazed Baby Carrots ½ c. Brown Rice 30 gr. WW Bread ½ c. Pears 8 oz 1% Milk	3 oz. BBQ Pork ¾ c. Sweet Potatoes ½ c. Baked Beans 62 gr. Cornbread ½ c. Cantaloupe 8 oz 1% Milk	Mexican Pizza (2 oz gr beef, 2 oz cheese) ½ C Peppers/Onion 1 C Black Beans w/ salsa ½ C Mexicali Rice 29 g Tortilla ¾ C Sherbet 8 oz 1% Milk	3 oz. Jerk Chicken 1 C Peas ½ C Rice 36 gr Roll ½ C. Mandarin Oranges 8 oz 1% Milk	Spaghetti (3oz Meat Sauce, ½ C WW Pasta) 1 C Spinach 50 gr Garlic Bread ½ C Pears 8 oz 1% Milk	3 oz Turkey Fillet ½ C Mashed Potatoes ½ C Green Beans 36 gr Roll ½ C Sliced Strawberries on Short Cake 8 oz 1% Milk
Baked Chicken Stuffing Steamed Spinach (RKH-Spring Mix Salad) Multi Grain Roll Sherbet	Sweet Potato Bisque Brown Rice Cauliflower Topped w. Cheese Multi Grain roll Sliced Apples	Pot Roast Mashed Potatoes Broccoli Multi Grain Roll Small Cookie	Reuben Sandwich Collard Greens Baked French Fries Sherbet Cup	Tuna Fish Salad (RKH-Lettuce) Cuke/Tomato Salad Roll Diced Peaches	Sliced Roast Beef and Swiss Sandwiches/ 2 slices WW Bread Coleslaw Ice Cream w. Strawberries	Pasta & Bean Soup Melted Cheese and Ham on Green Peas Naan Bread Fruit Gelatin
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
Beef & Broccoli Stir Fry (3 oz. beef/½ C Broccoli) ½ C Water Chestnuts/Baby Corn ½ C Steamed Rice 36 gr Roll ½ C Peaches 8 oz 1% Milk	3 oz. Corned Beef ½ C Cabbage ½ C Red Potatoes 60gr Cornbread ½ C Applesauce 8 oz 1% Milk	3 oz. Parmesan Chicken 1 C Spinach ½ C Fettuccini 25 gr WW Bread ½ C Fruit Cocktail 8 oz 1% Milk	3 oz. Pork Chop ½ C WW Penne ½ C Carrots 1 C Peas 36 gr Roll Angel Food Cake 8 oz 1% Milk	¾ C Shrimp Etouffee (3oz Shrimp, ¼ C tomatoes, peppers, onions) ½ C Rice ¾ C Braised Cabbage 36 gr Roll ½ C Mandarin Orange 8 oz 1% Milk	3 oz. Oven Fried Chicken ½ C Baked Beans ½ C Coleslaw 1 C Macaroni Salad ½ C Pears 8 oz 1% Milk	3oz Baked Ham ¾ C Au Gratin Potatoes ¾ C Green Beans Multi Grain Roll 36 gr Roll Pineapple Upside Down Cake 8 oz 1% Milk

Rotini Pasta with Roasted Vegetables Cauliflower and Carrots Multigrain Rolls Pears	Chicken Tenders Baked Beans Peas (RKH-Caesar Salad) Roll Brownie Sundae	3 oz. Burgers On Roll Green beans Sweet Potato Oven Fries Shortcake Mixed Berries	Baked Tilapia Collard Greens Mashed Potatoes Fresh Fruit w/ Whipped Topping	Swedish Meatballs Egg Noodles Steamed Spinach Multi Grain Roll Oatmeal Cookie	Broccoli Cheese Chicken Casserole Rice Multi Grain Roll Fig Bar	Pasta e Fagioli (Pasta and Bean Stew) Salad Multigrain Roll Ice Cream
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
3 oz Baked Cajun Tilapia ½ C Brown Rice 1 C Peas ½ C Carrots 25 gr WW Bread Cupcake 8 oz 1% Milk	3oz Baked Chicken 1 C Collard Greens ½ C Penne 36 gr Roll ½ C Pears 8 oz 1% Milk	4 oz Maryland Crab Cakes ½ C Potato Salad 1 C Green Beans 36 gr Roll 1 slice Smith Island Cake ½ C Fruit Salad 8 oz 1% Milk	3 oz. Salisbury Steak ½ C Mashed Potatoes ½ C Peas ½ C Lima Beans 2-25 g. WW Bread Baked Cookie 8 oz 1% Milk	3 oz. Sweet & Sour Pork ½ C Fried Rice ½ C Carrots ½ C Cauliflower 25 gr WW bread ½ C Mandarin Oranges 8 oz 1% Milk	Ham & Swiss (1.5 oz Swiss Cheese, 1.5 oz Ham 2-25 gr WW bread) ¾ C Tomato/Pickle ½ C Coleslaw ½ C Applesauce Brownie 8 oz 1% Milk	3oz Chicken Strips ½ C Mashed Potatoes 1 C Steamed Corn & Peas 62 gr Cornbread Ice Cream 8 oz 1% Milk
Lentil Soup Sliced Deli Turkey Sandwich Mixed Vegetables Yogurt	Meat Lasagna Asparagus Multigrain Rolls Fresh Fruit w. Whipped Topping	Salmon Croquettes Spinach w/ cheese sauce Rice Dinner roll Brownies	Ravioli Broccoli Multi Grain roll Oatmeal Cookie	Beef Stew w/ Potatoes Green Peas WW Roll Ice Cream	Stuffed Peppers Sweet Potatoes Cauliflower Whole Wheat Roll Ice Cream Cup	BBQ Beef Zesty Three Beans Salad Multigrain Rolls Oatmeal Cookie
Monday 30	Tuesday 31	Wednesday	Thursday	Friday	Saturday	Sunday
1 C Chicken & Sausage Jambalaya (3 oz Chicken and Sausage, ½ C Rice, ¼ C Green Peppers/Onions) ¾ C Turnip Greens ) 50 gr Garlic Bread ½ C Peaches 8 oz 1% Milk	Philly Cheesesteak (3 oz Roast Beef, 1.5 oz Cheese, 50gr Roll) ½ C Roasted Potatoes ½ C Green Beans ½ C Pineapple 8 oz 1% Milk	3 oz. Salmon ½ C Herb Pasta ½ C Creamed Corn ½ C Green Peas 36 gr Roll ½ C Pears 8 oz 1% Milk	3 oz Honey Mustard Chicken ½ C Macaroni & Cheese 1 C Spinach 36 gr Roll ½ C Mixed Fruit 8 oz 1% Milk	3 oz. Beef Pot Roast ½ C Mashed Potatoes ½ C. Collard Greens 57 gr Southern Biscuit ½ C Pineapple 8 oz 1% Milk	Turkey & Swiss Melt (3oz Turkey, 1oz Cheese, 2-25 gr WW bread) 1 C Three Bean Salad ½ C Tropical Fruit 8 oz 1% Milk	3 oz. BBQ Pork ½ C Baked Beans 1 C Coleslaw 50g Burger Roll ½ C. Cherry Cobbler 8 oz 1% Milk
Oven Fried Fish Mashed Sweet Potatoes Green Peas 1 slice WW bread Fresh Fruit w. Cookie	Chicken Pot Pie (RKH-Garden Salad) Potato Wedges Fresh fruit	Chicken Lasagna Zesty Three Beans Salad Kale Multigrain Rolls Baked Apple Pie	Hoppin John (Rice/Turkey Sausage Bell/Peppers/Black Eyed Peas) Steamed Vegetable Medley WW bread Fresh Fruit	Baked Cod Roasted Redskin Potato Peas/Carrot Medley 1 slice WW bread Yogurt Fruit cups	Tortellini ½ C Peas ½ C Cauliflower Angel Food Cake Roll	Chicken Nuggets 1 C Rice Pilaf 1 C Carrots Dinner Roll Fruit Cocktail

KEY: WW-Whole Wheat  
Chix-Chicken  
Br-Brown