

MARCH 2026



MAKE YOUR LUNCH RESERVATIONS  
AT LEAST ONE BUSINESS DAY  
IN ADVANCE! BY 11:00AM  
CALL (925) 771-7641

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3/2</b> Beef Goulash C Brussels Sprouts <u>Carrot Raisin Salad</u> Whole Wheat Roll w/Butter Fresh Pear	<b>3/3</b> Sliced Turkey w/Gravy C Mashed Potatoes Pacific Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit	<b>3/4</b> Breaded Fish Sandwich w/Cheese and Tartar Sauce on a Whole Grain Bun Split Pea Soup <u>Sweet Potato Tots</u> Tossed Salad w/Dressing C Tropical Fruit	<b>3/5</b> Teriyaki Chicken Egg Drop Soup Green Beans C Coleslaw Asian Brown Rice Gelatin w/Fruit Cocktail	<b>3/6</b> Ham & Cheese Frittata w/Shredded Cheese and Salsa Diced Red Potatoes C <u>Collard Greens</u> Bagel w/Butter Seasonal Fresh Fruit
<b>3/9</b> Fish Sticks w/Tartar Sauce Tomato Soup Mac & Cheese <u>Scandinavian Veggies</u> C Citrus Fruit	<b>3/10</b> Pork Chile Verde Pinto Beans C Cauliflower Brown Rice Seasonal Fresh Fruit	<b>3/11</b> Spicy Southwestern Chicken Pasta C <u>Fiesta Vegetables</u> Stewed Tomatoes Juice Lemon Cake	<b>3/12</b> Sesame Beef C Broccoli <u>Carrots</u> Brown Rice Seasonal Fresh Fruit	<b>3/13</b> Yogurt Dill Turkey Sandwich w/Lettuce, Tomato, & Onion on Whole Wheat Bread Chicken Rice Soup Potato Salad 3-Bean Salad C Fresh Orange
<b>3/16</b> Brazilian Coconut Chicken Black Beans C California Vegetables Brown Rice Fresh Apple	<b>3/17</b> Irish Beef Stew Seasoned Cabbage C Whole Wheat Roll w/Butter Seasonal Fresh Fruit Green Poke Cake	<b>3/18</b> Turkey Marsala Cream of Cauliflower Soup <u>Peas &amp; Carrots</u> Zucchini Whole Grain Penne C Fresh Orange	<b>3/19</b> BBQ Pork Riblet C <u>Sweet Potatoes</u> Key Largo Vegetables Whole Wheat Roll w/Butter Cinnamon Apples	<b>3/20</b> Chimichurri Tilapia Cream of Mushroom Soup Pacific Vegetables Spanish Brown Rice <u>Spinach Salad</u> w/Dressing C Tropical Fruit
<b>3/23</b> Pork Aritada <u>Bean Medley</u> Garden Pea Salad Brown Rice C Orange Juice Cookie	<b>3/24</b> Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on Whole Wheat Bread Vegetable Soup Black Bean & Corn Salad C Mandarin Oranges	<b>3/25</b> Cheeseburger with Lettuce, Tomato, Onion, Ketchup, & Mustard on a Whole Grain Bun Potato Leek Soup Baked Beans C Coleslaw w/ <u>Carrots</u> Fresh Apple	<b>3/26</b> Spaghetti w/Turkey Bolognese Sauce & Parmesan Cheese <u>Italian Vegetables</u> Marinated Beets & Onions C Tangerine	<b>3/27</b> Orange Glazed Chicken Zucchini C Stir Fry Vegetables Brown Rice Seasonal Fresh Fruit Sherbet
<b>3/30</b> Turkey Tetrazzini w/Whole Grain Pasta Stewed Tomatoes Pacific Vegetables C Fresh Orange	<b>3/31</b> Broccoli & Cheese Stuffed Chicken w/Dijon Sauce Lentil Soup <u>Mixed Vegetables</u> Scalloped Potatoes Whole Wheat Roll w/Butter C Applesauce			

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:  
VEGETARIAN OR FEATURED ENTRÉE SALAD  
(ASIAN CHICKEN).

— Vitamin A  
C Vitamin C

+ Higher in sodium

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.