



# DINING ROOM MENU FOR MARCH 2025

Bernardi Multipurpose Senior Center

(747) 254-2579 ext. 409

Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) <b>Savory Beef Stew</b> Mashed Potatoes Roasted Brussels Sprouts WG Roll or WG Bread *Orange LF Milk</p> <p><b>FOOD BANK</b></p>	<p>4) <b>Turkey Vegetable Stir-fry w/ Lo Mein Noodles</b> Whole Grain Bread *Cabbage, Cucumber, Radish Salad w/Sesame Drsg Poached Ginger Pear LF Milk</p>	<p>5) <b>Caribbean Chicken</b> Corn ***Carrot, Bell Pepper Celery Salad Brown Rice Pilaf Fresh Fruit in Season LF Milk</p> <p><b>ASH WEDNESDAY</b></p>	<p>6) <b>Bolognese w/ WG Penne Pasta</b> (Ground Turkey) Herbed Zucchini &amp; Yellow Squash Caesar Salad w/ Croutons Caesar Dressing Fruit Cup (apple &amp; melon) LF Milk</p>	<p>7) <b>Fish &amp; Chips</b> **Roasted Sweet Potato Wedges *Coleslaw WG Roll or WG Bread Fresh Peach OR Plum Tapioca Pudding Optional LF Milk</p>
<p>10) <b>Southwest Shredded Chicken</b> Pinto Beans *Shredded Cabbage Mixed Salad Greens &amp; Raddish w/ Cilantro Drsg Fresh or Unsweetened Peaches OR Melon WG Tortilla &amp; Milk</p>	<p>11) <b>Shepherd's Pie</b> **Carrots C2- Corn Mixed Salad Greens French Dressing Whole Grain Roll *Kiwi LF Milk</p>	<p>12) <b>Baked Fish Almandine</b> Green Beans w/ Herbs ***Spinach Salad w/ Kale, Bell Pepper, Cucumber, 1000 Drsg Barley w/ Herbs Yogurt Parfait w/ Berries LF Milk</p>	<p>13) <b>Cashew Chicken</b> Green Peas *Beet &amp; Mandarin Orange Salad Brown Rice Fresh Fruit in Season LF Milk</p>	<p>14) <b>Garden Vegetable Lasagna w/ WG Pasta w/ Zucchini &amp; Mushrooms Tomato Sauce</b> **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange LF Milk</p>
<p>17) *Orange Juice <b>Corn Beef</b> Red Potatoes Steamed Cabbage ** Carrots Whole Rye Bread Kiwi OR Grapes Vanilla Puddr LF Milk</p> 	<p>18) <b>Baked Pollack w/ Lemon See</b> Mixed Veg Blend C2 - Green Peas *** Broccoli Salad WG Roll Or WG Bread Cinnamon Applesauce LF Milk</p>	<p>19) *Orange Juice <b>Tuna Salad</b> ** Spinach Salad w/ Shredded Cabbage &amp; Cranberries Vinaigrette Dressing Potato Salad Whole Grain Roll LF Milk</p>	<p>20) <b>Tamale Pie w/Turkey</b> Black Beans Mesclun Salad Mix w/ Cilantro Dressing Oatmeal Cookie *Pineapple/Mango Fruit Cup LF Milk</p>	<p>21) <b>Vegetarian Frittata w/ Mushrooms &amp; Onions</b> Garlic Mashed Potatoes Roasted Brussels Sprouts Whole Grain Roll *Pineapple Mango Fruit Cup LF Milk</p>
<p>24) <b>Chicken Adobo</b> Green Peas Mesclun Salad w/ Garbanzo beans Ranch Dressing Brown Rice Pineapple &amp; Mango Fruit Cup LF Milk</p>	<p>25) <b>Turkey Milanese w/ Red Sauce</b> Cauliflower, &amp; Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/ Granola LF Milk</p>	<p>26) <b>Salmon with Dill Sauce</b> Green Beans C2- Black Beans *** Chopped Mixed Salad w/ spinach, Kale, bell pepper Italian Dressing Whole Grain Roll Cinnamon Applesauce LF Milk</p>	<p>27) <b>Asian Beef Stir Fry w/ **Mixed Asian Vegetables</b> Beet Salad Brown Rice *Cantaloupe OR Tangerine LF Milk</p>	<p>28) *Orange Juice <b>Vegetarian Chili</b> w/ Pinto &amp; Kidney Beans Barley Tomatoes Cheese Garnish ** Herb Roasted Carrots Mixed Salad Greens w/ French Dressing Cornbread- Banana LF Milk</p>
<p>31) <b>CENTER CLOSED IN OBSERVANCE OF</b></p> 				<p><b>SARA THOMPSON</b> Dining Coordinator <b>SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER</b></p>