





# Alicia Broadous-Duncan Dining Center

## March 2025 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3.</b> <b>Savory Beef Stew</b> Whole Grain Roll OR Bread Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk	<b>4.</b> <b>Turkey Vegetable Stir Fry w/Lo Mein Noodles</b> Whole Grain Bread *Cabbage, Cucumber, & Radish Salad w/Sesame Dressing Poached Ginger Pear Low fat Milk	<b>5.</b> <b>Caribbean Chicken</b> Brown Rice Pilaf Corn Carrot, Bell Pepper, & Celery Salad Fresh Fruit in Season Low fat Milk	<b>6. *Orange Juice</b> <b>Turkey Bolognese w/Penne Pasta</b> Squash Herbed Zucchini & Yellow Caesar Salad w/CROUTONS & Caesar Dressing Fruit Cup (Apple & Melon) Low fat Milk	<b>7.</b> <b>Fish &amp; Chips</b> Whole Grain Roll OR Bread Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Tapioca Pudding (OPTIONAL) Low fat Milk
<b>10.</b> <b>SW Shredded Chicken</b> Corn Tortilla Pinto Beans *Shredded Cabbage, Mixed Salad Greens, & Radish w/Cilantro Drsg Fresh or U/S Peaches OR Melon Low fat Milk	<b>11.</b> <b>Shepherd's Pie (Turkey) w/Mashed Potatoes</b> Whole Grain Roll Carrots Mixed Salad Greens w/French *Orange OR Kiwi Dressing Low fat Milk	<b>12.</b> <b>Baked Fish Almandine</b> Barley w/Herbs Green Beans w/Herbs *Spinach Salad w/Kale, Bell Pepper, & Cucumber w/1000 Yogurt Parfait w/Berries Drsg Low fat Milk OPTIONAL	<b>13.</b> <b>Cashew Chicken</b> Brown Rice Green Peas Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk	<b>14.</b> <b>Garden Vegetable Lasagna w/Zucchini &amp; Mushrooms</b> Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk
<b>17. Orange Juice</b> <b>Corn Beef w/Gravy</b> Whole Rye Bread Red Potatoes Steamed Cabbage/Carrots Kiwi OR Grapes Vanilla Pudding OPTIONAL Low fat Milk	<b>18.</b> <b>Baked Pollock w/Lemon Sauce</b> Whole Grain Roll/Bread Mixed Vegetable Blend Broccoli Salad Cinnamon Applesauce Low fat Milk	<b>19. *Orange Juice</b> <b>Tuna Salad</b> Whole Grain Roll Potato Salad Spinach Salad w/Shredded Cabbage & Dried Cranberries w/Vinaigrette Dressing Low fat Milk	<b>20.</b> <b>Tamale Pie (Turkey) w/</b> Black Beans Polenta/Cornmeal Mesclun Salad Greens w/ Cilantro Dressing *Pineapple/Mango Fruit Cup Oatmeal Cookie OPTIONAL Low far Milk	<b>21.</b> <b>Vegetarian Frittata w/Mushrooms &amp; Onions</b> Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Sprouts *Pineapple & Mango Fruit Cup Low fat Milk
<b>24.</b> <b>Chicken Adobo</b> Brown Rice Green Peas Mesclun Salad w/Garbanzo Beans & Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk	<b>25.</b> <b>Turkey Milanese w/Linguine &amp; Red Sauce</b> Cauliflower & Zucchini Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/Granola Low fat Milk OPTIONAL	<b>26.</b> <b>Salmon w/Dill Sauce</b> Whole Grain Roll Green Beans/Chopped Mixed Salad w/Spinach, Kale & Bell Pepper w/Italian Dressing Cinnamon Applesauce Low fat Milk	<b>27.</b> <b>Asian Beef Stir Fry</b> Mixed Asian Vegetables Brown Rice Beet Salad *Cantaloupe OR Tangerine Low fat Milk	<b>28. *Orange Juice</b> <b>Vegetarian Chili</b> Cornbread Herb Roasted Carrots Mixed Salad Greens w/French Dressing Banana Low fat Milk
<b>31.</b> CENTER CLOSED IN OBSERVANCE OF 			 March 31st	<b>RIN MIYAMOTO</b> Dining Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER

**Lunch served at 11:30 AM - please arrive early to secure your meal!** MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

\*Vitamin C Source

♥ ABD Dining Center (818) 834-6100 Ext. 305 ♥ Sunland Dining Center ♥ Olive Manor Dining Center ♥  
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