

March Dinner Menu

Chicken Breast with Herb Gravy
Mashed Potatoes
Roasted Butternut Squash
9-Grain Bread with Margarine
Applesauce
Oatmeal Raisin Cookie
1% Milk

Nutrition Information:

Calories: 940
Fat: 20g
Saturated Fat: 4g
Protein: 54g
Total Carbohydrates: 135g
Fiber: 10g
Sodium: 601mg
Potassium: 1347mg

Turkey Shepherd's Pie
Garlic and Bacon Collard Greens
Sweet Corn
Multigrain Bread with Margarine
Banana
1% Milk

Calories: 681
Fat: 20g
Saturated Fat: 4.5g
Protein: 29g
Total Carbohydrates: 101g
Fiber: 14g
Sodium: 788mg
Potassium: 1592mg

Cheese Ravioli with Meat Sauce
Italian Vegetables
Herb Green Beans
Wheat Roll with Margarine
Orange
Cookie
1% Milk

Calories: 752
Fat: 28g
Saturated Fat: 8g
Protein: 37g
Total Carbohydrates: 89g
Fiber: 13g
Sodium: 784mg
Potassium: 1085mg

Roast Beef with Gravy
Au Gratin Potatoes
Three Bean Salad
Whole Grain Roll with Margarine
Citrus Fruit Cup
Blondie Bar
1% Milk

Calories: 1470
Fat: 69g
Saturated Fat: 29g
Protein: 63g
Total Carbohydrates: 153mg
Fiber: 10g
Sodium: 928mg
Potassium: 1376mg

The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients.

Cathedral Plaza: Wednesdays 4:30pm
VOA ANS Center: Thursdays 4:30-5:30pm