



# March 2018



			Thursday 1	Friday 2
			Meatballs in Marinara* Parmesan Packet WW Penne Noodles Oven Roasted Brussel Sprouts Diced Peaches Pineapple Upside Down Cake <b>NCS – SF Jell-o</b> <b>VO – Veggie Meatballs</b>	Roasted Pork Loin* Mashed Potatoes Baked Cabbage w/Apples WW Bread w/Butter Mandarin Oranges Banana Bar <b>NCS – Fresh Apple</b> <b>VO – Black Bean Burger</b>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9 (Mt. Horeb)
Potato Crusted Fish Tartar Sauce 1/2 Baked Potato w/Butter Sugar Snap Peas Pineapple Dinner Roll w/Butter Frosted Confetti Cake <b>NCS – SF Ice Cream</b> <b>VO – Veggie Burger</b>	Ham Slice * Yams Spinach Sliced Spiced Pears WW Bread w/Butter Brownie <b>NCS – Diced Peaches</b> <b>VO – Veggie Wrap</b> (Cake for Cambridge)	Hearty Bean Soup Fresh Mixed Greens Creamy French Dressing WW Dinner Roll w/Butter Apple Frosted Marble Cake <b>NCS – SF Cookie Pkt.</b> <b>VO – N/A</b>	Homemade Beef Stew Green Beans Dinner Roll w/Butter Apple Sauce Vanilla Ice Cream Cup <b>NCS – Fruit Cup</b> <b>VO – Soy Beef Stew</b>	Chicken Cordon Bleu Bake 1/2 Baked Potato w/Sour Cream/Butter Green Bean Casserole Fruit Cup Roll w/Butter Pistachio Pudding <b>NCS – SF Pudding</b> <b>VO – Hummus Wrap</b>
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16 (St. Patrick's Day)
Hungarian Goulash w/Macaroni Noodles Roasted Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake <b>NCS – Fresh Orange</b> <b>VO – Garden Burger</b>	Vegetable Barley Soup 1/2 Tuna Salad Sandwich on WW Bread Banana Carrot Slaw Choc. Reece's Pieces Cookie <b>NCS – SF Cookie Pkt.</b> <b>VO – Cheese/Tomato Sandwich</b>	Oven Roasted Chicken Breast 1/2 Baked Sweet Potato w/butter Peas MG Bread w/Butter Pumpkin Pie <b>NCS – Pineapple</b> <b>VO – Egg Salad Sandwich</b>	Pizza Casserole* Fresh Mixed Greens Italian Dressing Peaches WW Dinner Roll w/Butter Brownie <b>NCS – SF Jell-o</b> <b>VO – Veggie Pizza Casserole</b>	Corned Beef Cabbage/Carrot/ Potato Blend Watergate Salad Rye Bread w/Butter Grasshopper Pie <b>NCS – Fresh Apple</b> <b>VO – Veggie meatballs</b>
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Lemon Baked Fish Tartar Sauce 1/2 Baked Potato w/Butter Peas Apricot WW Dinner Roll w/Butter Tapioca Pudding Cup <b>NCS – SF Ice Cream</b> <b>VO – Black Bean Burger</b>	Chicken Parmesan Casserole Fresh Mixed Greens Ranch Dressing WW Dinner Roll w/Butter Cherry Cobbler <b>NCS – Diced Peaches</b> <b>VO – Baked Potato w/ Veggie Cheese Sauce</b>	Sausage Gravy* Over a Biscuit Oven Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll <b>NCS – SF Cookie Pkt.</b> <b>VO – Quiche</b>	Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie <b>NCS – Fruit Cup</b> <b>VO – Veggie Enchiladas</b>	Homemade Chili Corn Salad Corn Bread Lime Jell-O w/Fruit Cocktail M&M Cookie <b>NCS – SF Pudding</b> <b>VO – Soy Chili</b>
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30 (Stoughton)
Cheeseburger WW Bun w/Lettuce/Tomato/Mayo Calico Beans Carrots Apple Juice Cup Pineapple Fluff <b>NCS – Fresh Orange</b> <b>VO – Garden Burger</b>	Italian Sausage* w/Peppers and Onions Stewed Tomatoes Seasoned Oven Roasted Potatoes WW Bread w/Butter Orange Chocolate Cake w/Powdered Sugar <b>NCS – SF Cookie Pkt.</b> <b>VO – Hummus Wrap</b>	Open Faced Chicken & Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-o w/Pears <b>NCS – Pineapple</b> <b>VO – Veggie Meatballs &amp; Gravy</b>	Traditional Meatloaf* Garlic Mashed Potatoes Broccoli Pineapple WW Bread w/Butter Peanut Butter Cookie <b>NCS – SF Jell-o</b> <b>VO – Quiche</b>	Baked Lemon Butter Fish Roasted Red Potato California Blend Vegetable Rye Roll w/Butter Tropical Fruit Mix Frosted Chocolate Cake <b>NCS – Fresh Apple</b> <b>VO – Veggie Wrap</b>

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

*All menu items are prepared in kitchens that are not allergen-free.*

*We cannot guarantee that food allergens will not be transferred through cross-contact.*

*No substitutions allowed.*

Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard.



Senior Dining



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# Salad Options for March 2018



## Week 1 – 03/02

### **Chicken Salad**

Shredded lettuce topped with Cranberry pecan chicken salad, tomatoes, cucumbers and croutons.

**Dressing:** Balsamic Vinaigrette

**Meal items to be served with this:** Mandarin oranges, Banana Bar

## Week 2 – 03/09

### **Chef's Salad**

Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg

**Dressing:** Ranch

**Meal items to be served with this:** Fruit Cup, Roll with Butter, Pistachio Pudding

## Week 3 – 03/16

### **Hummus Plate**

Hummus served with pita, cucumber slices, tomatoes, celery sticks and sliced green peppers.

**Dressing:** None

**Meal items to be served with this:** Watergate Salad, Grasshopper Pie

## Week 4 – 03/23

### **Pork Taco Salad**

Shredded lettuce topped with seasoned shredded pork, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

**Dressing:** None

**Meal items to be served with this:** Lime Jell-o with fruit cocktail, M&M Cookie

## Week 5 – 03/30

### **Tuna Salad**

Mixed greens topped with tuna salad, tomato, and cucumber.

**Dressing:** None

**Meal items to be served with this:** Rye Roll with Butter, Tropical Fruit Mix, Frosted Chocolate Cake