

# March 2019

## OSIP Lunch Menu

Water, 1% Milk, Juice and Coffee offered at every meal.

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
|  |  |  |  | 1<br>Chicken Pot Pie<br>Cole Slaw<br>Fruit Cocktail                                      |
| 4<br>Chicken Fingers<br>W/G Noodles<br>Diced Tomato<br>Cherry Apple Cup          | 5<br>Haddock<br>Brown Rice<br>Carrots<br>W/G Muffin<br>Peaches                           | 6<br>Rst Pork<br>Sweet Potato<br>W/G Rolls<br>Pears                        | 7<br>Veggie Tortilla<br>Bean Casserole<br>Grn Salad<br>Fruit Cocktail          | 8<br>Salsbury Steak<br>Mashed Potato<br>Brussel Sprouts<br>W/G Bread<br>Mandarin Oranges |
| 11<br>Chopped Steak<br>W/G Pasta<br>Squash<br>Banana Muffins<br>Mango            | 12<br>Chicken Salad<br>W/G Bread<br>Veggie Soup<br>Pears                                 | 13<br>Tuna Pea Wiggle<br>W/G Rice<br>Yogurt/Fruit                          | 14<br>Ham & Pineapple<br>Mixed Veggies<br>W/G Fruit Muffin<br>Mandarin Oranges | 15<br>Deviled Eggs<br>W/G Vegetable<br>Ribbon Pasta<br>Baked Apples                      |
| 18<br>Veggie Burger on<br>W/G Bun<br>Tomato/Onion<br>Cole Slaw<br>Fruit Cocktail | 19<br>W/G Spaghetti with<br>Beef/Tomato Sauce<br>zucchini<br>W/G Garlic Bread<br>Peaches | 20<br>Chicken Casserole<br>Carrots<br>W/G Rolls<br>Apricots                | 21<br>Haddock<br>French Fries<br>Broccoli<br>Pears                             | 22<br>BBQ Pork<br>Potato Salad<br>Bran Muffin<br>Applesauce                              |
| 25<br>Ham<br>Baked Beans<br>W/G Roll<br>Pineapple                                | 26<br>Veggie Pizza on<br>W/G Sand Thins<br>Cottage Cheese<br>Green Salad<br>Apricots     | 27<br>Beef Strogenauf<br>W/G Noodles<br>Broccoli<br>Fruit<br>Birthday Cake | 28<br>Chicken Noodle<br>Soup<br>Spinach Salad<br>Pineapple                     | 29<br>Tuna W/G Sandwich<br>Veggie Chips<br>3 Bean Salad<br>Fruit Coctail                 |