

COAST

March 2023



TRIO Community Meals
an elior company

Monday	Tuesday	Wednesday	Thursday	Friday
		Bowtie Lasagna Whole Kernel Corn Green Beans Wheat Bread Oatmeal Creme Cookie Milk Margarine	Turkey Breast with Gravy Loaded Potatoes Green Peas Dinner Roll Seasonal Fruit Milk Margarine	~ Lent Meal ~ Seafood Salad Coleslaw Pineapple Chunks Wheat Bread (2) Sugar Cookie Milk
6	7	8	9	10
Meatloaf Brown Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Fudge Creme Cookie Milk Margarine	Chicken Chef Salad Green Pea Salad Pineapple Chunks Saltine Crackers Milk Salad Dressing Margarine	Glazed Ham Black-eyed Peas Cabbage Dinner Roll Vanilla Pudding Milk Margarine	Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Chocolate Chip Cookie Milk	~ Lent Meal ~ Krab Cake Brown Rice Broccoli Florets 100% Fruit Juice Wheat Bread Devil's Food Cake Milk Margarine
13	14	15	16	17
Smoked Sausage Red Kidney Beans Parslied Rice Brussel Sprouts Wheat Bread Banana Moonpie Milk Margarine	Parmesan Chicken Delmonico Potatoes Tuscany Vegetable Blend Wheat Bread Oatmeal Creme Cookie Milk Margarine	Beef Patty Ranch Beans Lettuce Tomato Hamburger Bun Hot Spiced Fruit Chocolate Milk Ketchup	Meatballs with Gravy Twice Whipped Potatoes Cabbage Cornbread Seasonal Fruit Milk Margarine	~ Lent Meal ~ Spinach Lasagna Green Beans w/Red Peppers Sliced Carrots Dinner Roll Lemon Cake Milk Margarine
20	21	22	23	24
Creole Steak Whipped Potatoes Broccoli Florets Wheat Roll Seasonal Fruit Milk Margarine	Smothered Chicken Mixed Beans Cabbage Wheat Bread Oatmeal Raisin Cookie Milk Margarine	Meatballs and Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Texas Bread Strawberry Cake Milk Margarine	Pork Roast Brown Gravy Navy Beans Mixed Greens Wheat Bread Seasonal Fruit Milk Margarine	~ Lent Meal ~ Krab Cake Buttered Rice California Vegetable Blend 100% Fruit Juice Wheat Bread Birthday Cake Milk Margarine
27	28	29	30	31
Smoked Sausage Red Kidney Beans Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine	Breaded Chicken Patty Lettuce Tomato Tater Tots Hamburger Bun Hot Rosy Applesauce Milk Ketchup	Bowtie Lasagna Whole Kernel Corn Green Beans Wheat Bread Oatmeal Creme Cookie Milk Margarine	Turkey Breast with Gravy Loaded Potatoes Green Peas Dinner Roll Seasonal Fruit Milk Margarine	~ Lent Meal ~ Seafood Fettuccini Brussel Sprouts Parslied Carrots Dinner Roll Peanut Butter Cookie Milk Margarine

Kim Dommert RD, LD