

SIROVICH CENTER FOR BALANCED LIVING

LUNCH MENU MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Baked Mushroom Chicken Whole Wheat Dinner Roll Carrots Instant Mashed Potatoes Orange Milk, low fat, 1%	2 Whole Wheat Pasta Primavera with Cheese Garlic Bread Mixed Green Salad Banana Milk, low fat, 1%	3 Hamburgers Hamburger Bun, Whole Wheat Baked Red Potato Wedges Beet, Arugula and Feta Salad Apple Milk, low fat, 1%	4 Spanish Style Baked Cod Black Beans and Rice Broccoli and Red Peppers Pear Milk, low fat, 1%	Indoor Dining Tickets Available at 11:30am - 12:30pm in 2 nd Fl, Dining Room Must finish eating by 12:45pm
7 Tuna Fish Salad Whole Wheat Mini Bagel Cabbage Carrot Slaw Lettuce and Tomato Apple Milk, low fat, 1%	8 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Broccoli with Toasted Garlic Banana Milk, low fat, 1%	9 Pork Tenderloin with Zesty Cilantro Sauce WW Dinner Roll Carrots with Parsley Black Beans and Rice Canned Mandarin Oranges Milk, low fat, 1%	10 Baked Chicken Quarters Cornbread Baked Potatoes Braised Collard Greens Fruit Cocktail Milk, low fat, 1%	11 Apricot Glazed Salmon Brown Rice (1 cup) Chinese Style Steamed Cauliflower Orange Milk, low fat, 1%	Grab and Go Meals from 1:15pm-1:45pm, outside of the building
14 Breaded Fish Fillet (pre-prepared) Orzo with Vegetables Baked Sweet Potato Orange Milk, low fat, 1%	15 Whole Wheat Vegetable Lasagna Zucchini with Onions and Peppers Pear Milk, low fat, 1% Whole Wheat Dinner Roll	16 Vegetable Biryani with Chickpeas Okra Fruit Cocktail Milk, low fat, 1%	17 Special Lunch Menu for St. Patrick's Day Celebration *Advance Purchase of Ticket Required.	18 Citrus Sesame Crusted Salmon Yellow Rice Asian Cabbage Canned Mandarin Oranges Milk, low fat, 1%	* For Special Lunches, Advance Purchase of Ticket is Required.
21 Vegetarian Chili Brown Rice (1/2 cup) Cornbread Steamed Cauliflower Fruit Cocktail Milk, low fat, 1%	22 Baked Mushroom Chicken Whole Wheat Dinner Roll Carrots Instant Mashed Potatoes Orange Milk, low fat, 1%	23 Whole Wheat Pasta Primavera with Cheese Garlic Bread Mixed Green Salad Banana Milk, low fat, 1%	24 Hamburgers Hamburger Bun, Whole Wheat Baked Red Potato Wedges Beet, Arugula and Feta Salad Apple Milk, low fat, 1%	25 Spanish Style Baked Cod Black Beans and Rice Broccoli and Red Peppers Pear Milk, low fat, 1%	Please look at our Programming Schedule for more information of when the tickets will be available.
28 Tuna Fish Salad Whole Wheat Mini Bagel Cabbage Carrot Slaw	29 BBQ Chicken Leg Baked Macaroni and Cheese Broccoli with Toasted Garlic	30 Pork Tenderloin with Zesty Cilantro Sauce WW Dinner Roll	31 Baked Chicken Quarters Cornbread Baked Potatoes		

Lettuce and Tomato Apple Milk, low fat, 1%	Banana Milk, low fat, 1%	Carrots with Parsley Black Beans and Rice Canned Mandarin Oranges Milk, low fat, 1%	Braised Collard Greens Fruit Cocktail Milk, low fat, 1%		
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SIROVICH CENTER FOR BALANCED LIVING
BREAKFAST MENU March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Scrambled Eggs Home Fries with Peppers and Onions Whole Wheat Mini Bagel Fruit Cocktail Pineapple Juice Milk, low fat, 1% Butter	2 Baked Potatoes Cheddar Cheese Toasted Oats Cereal Apple Juice Sliced Canned Peaches Milk, low fat, 1%	3 Ham and Cheese Frittata Bran Muffin (pre-prepared) Raisin Bran Cereal Apple Orange Juice Milk, low fat, 1% Butter	4 Pancakes (pre-prepared) Turkey Sausage Link Oatmeal (1/2 cup) Banana Grape Juice, Unsweetened Milk, low fat, 1% Pancake Syrup
7 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup	8 Baked Potatoes Cheddar Cheese Sauteed Onions and Peppers Toasted Oats Cereal Apple Juice Sliced Canned Peaches Milk, low fat, 1%	9 French Toast (pre-prepared) Turkey Sausage Patty Oatmeal (1/2 cup) Orange Juice Pear Milk, low fat, 1% Pancake Syrup	10 Granola Plain Yogurt Bran Muffin (pre-prepared) Farina Apple Juice Banana Milk, low fat, 1% Butter	11 Farmers Market Individual Omelets Toasted Oats Cereal Whole Wheat Mini Bagel Fruit Cocktail Orange Juice Milk, low fat, 1% Butter
14 Hard Boiled Egg (2) Mini Croissant Oatmeal (1/2 cup) Banana Orange Juice Milk, low fat, 1% Butter	15 Pancakes Turkey Sausage Link Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup	16 Yogurt non-fat Blueberry Muffin Toasted Oats Cereal Banana Orange Juice Milk, low fat, 1% Butter	17 Egg Frittata with Potatoes and Peas Oatmeal (1/2 cup) Whole Wheat Mini Bagel Apple Juice Fruit Cocktail Milk, low fat, 1%	18 Pork Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Apple Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup
21 French Toast (pre-prepared) Pork Sausage Link Bran Flakes Cereal Apple Orange Juice Milk, low fat, 1% Pancake Syrup	22 Baked Potatoes Cheddar Cheese Sautéed Onions and Peppers Toasted Oats Cereal Apple Juice Sliced Canned Peaches Milk, low fat, 1%	23 Scrambled Eggs Home Fries with Peppers and Onions Whole Wheat Mini Bagel Fruit Cocktail Pineapple Juice Milk, low fat, 1% Butter	24 Butter Ham and Cheese Frittata Bran Muffin Raisin Bran Cereal Apple Orange Juice Milk, low fat, 1%	25 Pancakes Turkey Sausage Link Oatmeal (1/2 cup) Banana Grape Juice, Unsweetened Milk, low fat, 1% Pancake Syrup

28 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup	29 Hard Boiled Egg (2) Toasted Oats Cereal Whole Wheat Blueberry Muffins Apple Orange Pineapple Juice Milk, low fat, 1% Butter	30 French Toast (pre-prepared) Turkey Sausage Patty Oatmeal (1/2 cup) Orange Juice Pear Milk, low fat, 1% Pancake Syrup	31 Granola Plain Yogurt Bran Muffin Farina Apple Juice Banana Milk, low fat, 1% Butter	
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