


March 2023

Red Cliff Elderly Menu

All Meals Subject to Change without notice

All Meals Served with 1% milk

Mon	Tue	Wed	Thu	Fri	Sat
		1 Pork Chop Rice Mediterranean Veggies Bun Cookie	2 Chili Grilled Cheese Sandwich Fresh Grapes	3 Pancakes Scrambled Eggs Strawberries Juice	4 <u>Sack Lunch</u> Pasta Salad Fruit cup Granola Bar
6 Italian Sausage w/ Peppers and Onions Zucchini Mandarin Oranges Jell-O	7 Philly Cheesesteak Casserole Cali Blend Veggies Bread Stick Brownie	8 Meatloaf Mashed Potatoes & Gravy Green Beans Bun Cookie	9 Chicken Dumpling Soup Side Salad Apple	10 Baked Fish Potato Salad Baked Beans	11 <u>Sack Lunch</u> Grilled Chicken Sandwich Chips Yogurt
13 Brat on a bun Tater Tots Cottage Cheese Dessert	14 Chicken Parmesan over Pasta Island Blend Vegetables Mixed Fruit	15 Corn Beef & Cabbage Potatoes & Carrots Brussel Sprouts Bun Cookie	16 Unstuffed Pepper Soup Egg Salad Sandwich Banana	17 Cheese Ravioli w/ Marinara Sauce Squash Pudding	18 <u>Sack Lunch</u> Ham & Cheese Sandwich Fruit cup Pudding
20 Hamburger Wild Rice Hotdish Corn Pineapple	21 Spaghetti w/ Meat Sauce Side Salad Garlic Bread Cake	22 Salisbury Steak Mashed Potatoes & Gravy Broccoli Bun Cookie	23 Beef Stew Biscuit Applesauce	24 Fish Sandwich on a Bun Potato Wedges Peas Peaches	25 <u>Sack Lunch</u> Bagel w/cream cheese Hard Boiled Egg Oatmeal
27 Cheeseburger on bun French Fries Cole Slaw Dessert	28 Chicken Bacon Ranch Casserole Beets Jell-O	29 Liver & Onions Mashed Potatoes & Gravy Corn Bun & Cookie	30 Chicken Tortilla Soup Cheese Quesadilla Fresh Pear	31 Veggie Stir Fry over Rice Veggie Pot Sticker Fortune Cookie	1 <u>Sack Lunch</u> Turkey & Cheese Sandwich Fruit Cup Chips