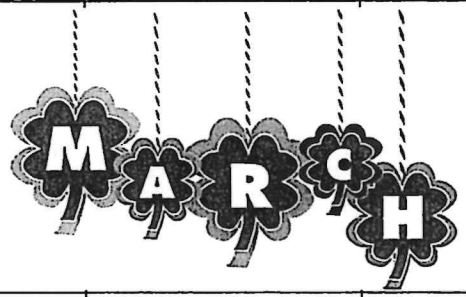
Silver Key™
Connections Café

Connections Cafe Menu March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Jerk Chicken Red beans and rice Green Beans Peaches High Fiber Cookie & Milk	2 Pork Chop w/ Country Gravy Mashed Potatoes, Succotash Apple & Milk	3 Pesto chicken Wild Rice Brussel sprouts w/ bacon & cheese Pear & Milk	4
5	6 Chicken Piccata Pasta & Winter Vegetables w/ Parm Orange & Milk	7 Beef Stew Lima Beans Whole Wheat Roll &Tropical Fruit & Milk	8 Pulled Pork Sandwich Corn & Carrots Apple Sauce Milk	9 Beef Pot Roast w/ Gravy Potato Medley Peas Orange & Milk	10 Salmon Burger w/ Tartar Sauce Sweet Potato Tots, Banana, Milk & OJ	11
12	13 Chicken al a King & Rice Green Beans Apple & Milk	14 **Chef's choice** Chicken Alfredo Brussel Sprouts Pear & Milk	15 Beef Burrito SW Black Beans Spanish Rice Banana & V-8 Milk	16 Bratwurst Red potatoes Cabbage & Carrots Orange & Milk	17 Chicken Marsala Roasted Red Potato w/ cheese Brussel Sprouts Apple & Milk	18
19	20 Chicken Chile Broccoli w/Cheese Diced Pears Milk	21 Pork Chow Mein Brown Rice Stir fry veg Orange Milk	22 Swedish Meatballs Peas & Carrots Banana Milk & V-8	23 Meatloaf Mashed Potatoes Peas & Carrots Orange & Milk	24 Breaded Pollock Mac & Cheese Brussels w/ parm Apple & Milk	25
26	27 S & S Chicken w/rice & stir fry Pear & High Fiber Cookie Milk	28 Broccoli Stuffed Chicken Sweet potatoes Peas and carrots Orange, V-8 Milk	29 Spaghetti w/ meat sauce Italian blend WW Roll Banana & Milk	30 Roast Turkey w/ Gravy & Mashed Potatoes Cali Veg & Roll Apple & Milk	31 Cheese Ravioli Succotash WW Roll Banana Milk	

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.