DC Office of Aging; Elderly Meal services March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
DUTCH MILL CATERING			1)* Roasted Chicken * Mashed potatoes * Green Salad *Mixed Vegetables *Roll w/Margarine * apple sauce *8oz. Milk *6oz. Juice *Vegetarian Option* *Baked Penne W/	2 *Beef Chili * Roasted Potatoes * Mixed Vegetables * Cesar Salad * Corn Bread * Orange * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Spaghetti w/Tomato Sauce
5) *Beefy Macaroni *Green Salad *Vegetable blend * Roll w/ Butter * Apple Sauce * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Cheese Ravioli	6) * Italian Sausage w/ roasted Peppers and Onions * Spaghetti Marinara * Steamed Broccoli *Roll w/ butter * Fruit Cocktail * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Spaghetti w/ Marinara	7)*Cold Herb Chicken *Black Bean & Corn * Pasta Salad * Corn Bread * Orange * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Spaghetti w/Tomato Sauce	8)*Barbeque Chicken * Macaroni and Cheese * Carrots/peas *Coleslaw * Roll w/ Margarine * Diced Peaches * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Eggplant Sandwich	9)* Pulled beef BBQ * Cole Slaw * Carrots *Whole Wheat Roll * Diced Peaches * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Veggie Rollup
12) * Beef Lasagna * Green Salad * Green Peas * Roll w/ Butter * Apple Sauce * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Cheese Manicotti	13) * Oven Fried Chicken * Potato Salad * Carrots *Roll w/ Butter * Jell-O * 8oz. Milk * 6oz. Juice *Vegetarian Option* * Baked Penne W/ Vegetables	14) * Macaroni Tuna Casserole w/ peas * Corn Bread * Steamed Broccoli * Banana * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Stuffed Tomato	15)*Lemon Basil Chicken * Rice Pilaf * Mixed Vegetables * Green Salad * Roll w/ Butter * Low Fat Pudding *8oz. Milk *6oz. Juice *Vegetarian Option* *Veggie Rollup	16)*ST PADDYS DAY* Fish & Chips Cole Slaw Green Salad Banana 8oz. Milk 6oz. Juice ST PATRICKS CAKES *Vegetarian Option* *Grilled Portobello Sandwich
19) * Baked Ziti w/ vegetables * Green Salad * Green Peas * Roll w/ Butter * Apple Sauce * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Cheese Manicotti	20) *Pepper Steak *Mashed Potatoes w/ Gravy * Green Beans * Roll w/ Butter * Tapioca * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Stuffed Tomato	21) *Jerk Chicken * Baked Squash * Corn * Green Salad * Rice Pudding * Roll w/ Butter * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Cheese Ravioli	22 * Spaghetti w/ Meatballs * Green Salad * Peas * Roll w/ Butter *Sliced Pears * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Spaghetti w/Tomato Sauce	23)* Chicken Fettuccine Alfredo * Broccoli/carrots/ zucchini/squash * Green Salad * Roll w/ Butter * Fruit Cocktail * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Pesto Fettuccine
26) *Sweet and Sour Chicken *Minestrone Soup * Green Salad * Roll w/ Butter * Apple Sauce * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Tofu W/ Black Bean Sauce	27) *Baked Chicken * Creamy Corn and Potato chowder *Green Salad * Roll w/ Butter * Fruit Cocktail * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Fettuccine Alfredo	28) *Salisbury Steak w/Gravy * Mashed Potatoes * Vegetable Capri * Fruit cocktail * Roll w/ Butter * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Stuffed Tomato	29) *Chicken Parmigiano * Vegetable Medley * Ceasar Salad * Roll w/ butter * Orange * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Eggplant Parmesan	30) *Chicken Ala King * Rice Pilaf * Green Salad * Green Beans * Roll w/ Margarine * Banana * 8oz. Milk * 6oz. Juice *Vegetarian Option* *Grilled Eggplant Sandwich

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Dutchmill Catering telephone (202)832-5111; Fax (202)832-5114; orders@dutchmillcatering.com