



Promise and Milk served with all meals		EAST BOSTON NEIGHBORHOOD HEALTH CENTER	ESP Lunch Program	MARCH	2010	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Grilled BBQ Chicken Cheesy Whipped Spinach White Bread Vanilla Ice Cream	2 Meat Ball Sub Provolone Cheese Chopped Salad / Italian Dressing Cake / Topping	3 Macaroni / Cheese Stewed Tomatoes Pumpnickel Bread Cookies	4 Pasta Fagioli Chicken Salad Finger Sandwich Chilled Fruit	5 Florentine Scrod Hollandaise Sauce Whipped Potato Carrots White Bread Grape Nut Custard	6 CHEF SPECIAL MENU	7 Baked Ham Fruit Sauce Scalloped Potato French Beans Roll Orange Cake
8 Chicken / Ziti / Broccoli Dill Carrots Wheat Bread Banana Cake	9 Vegetable Soup Ham / Cheese / Roll Mayo / Mustard Potato Salad Pineapple Ambrosia	10 Grilled Chicken Parmesan Cavatelli / Sauce Broccoli Dinner Roll Pudding / Topping	11 Cheeseburger / Roll Condiments Oven Fries Greek Tomato Salad Raspberry Sherbet	12 Baked Pasta Tomato Sauce Capri Vegetables Ciabatta Bread Chilled Fruit	13 CHEF SPECIAL MENU	14 Meat Lasagna Peas & Carrots Dinner Roll Chocolate Cake
15 Cheese Ravioli Tomato Sauce Italian Green Beans Scali Bread Fresh Water Melon	16 Hearty Lentil Soup Pepper & Egg Sub Chilled Fruit	<u>St. Patrick's Day 17</u> 18 Corned Beef /Cabbage Mustard Sauce Potato, Carrot, Onion Irish Soda Bread <i>Special Cake</i>	18 Grilled Chicken / Roll Lettuce Ketchup Tatar Tots Vanilla Ice Cream	19 Gemelli Pasta Primavera (julienne carrot, zucchini, red pepper, red onion, spinach) Scali Bread Angel Cake / Lemon Topping	20 CHEF SPECIAL MENU	21 Roast Turkey Gravy Seasoned Carrots Whipped Potato Roll Sherbet Cup
22 Meatloaf / Gravy Whipped Potato Carrots Roll Chilled Fruit	23 Tomato Rice Soup Monte Cristo Sandwich Grape Nut Custard Topping (send on side)	24 Stuffed Pepper Parsley Potato Green & Gold Beans Oatmeal Bread Chilled Fruit	25 Stuffed Chicken Breast Gravy / Cranberry Whipped Potato Broccoli Yellow Cake / Fruit Sauce	26 White Bean Soup Tuna Sub (tomato, pickle, onion) Apple Cookie	27 CHEF SPECIAL MENU	28 Manicotti Tomato Sauce Garden Peas Roll Boston Cream Pie
<u>Passover</u> 29 Chicken Soup Baked Chicken with Root Vegetables / Potato Pita Crisps Cranberry / Apple Crisp	30 Roast Beef & Cheese Deli Roll BBQ Sauce Lettuce / Tomato Potato Salad Raspberry Sherbet	31 Roast Turkey / Gravy Parsley Potato Carrot Coin Roll Bread Pudding				

Menu changes may occur due to delivery mishaps or other non-controllable issues.

Alternative meals offered are: Macaroni & Cheese, Spaghetti & Meatballs, PB & J Sandwich, Protein Salad Sandwich, Soup

