

**DELCO HOT - MARCH 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				<b>H383</b>
				<b>RAVIOLIS W ROASTED RED PEPPER SAUCE</b> (1/2 c PS Ricotta, 1 oz PS Mozz, 2 oz sauce, ¼ c pasta) ½ cup sauteed spinach w carrots ½ c Corn Fresh Orange
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>H384</b>	<b>H385</b>	<b>H386</b>	<b>H387</b>	<b>H388</b>
<b>FAJITA CHICKEN</b> (3oz EP chicken 2oz peppers and onions) ½ cup seasoned corn and black beans 1/2 cup Spanish rice 1sl/oz WW bread, pc Marg ½ cup pineapples	<b>PIZZA BURGER</b> (3oz EP beef, 0.5oz mozz cheese, 2 T tomato sauce) ½ cup mixed vegetables (corn, carrot, pea, green bean) ½ cup Cauliflower 2oz WW hamburger bun, pc marg 2oz sweet muffin	<b>PANKO CRUSTED TILAPIA</b> (3oz EP tilapia) ½ cup green beans ½ cup Scalloped potatoes 1 slice WW bread, pc marg Fresh Pear	<b>PAPRIKA BAKED CHICKEN THIGH</b> (3oz EP chicken) ½ cup Cole slaw ½ cup mashed potatoes 1sl WW Bread, pc marg ½ cup peaches	<b>SPINACH &amp; SWISS OMELET</b> (3oz EP egg Omelet, 0.5oz swiss cheese, 1 oz spinach) ½ cup roasted red potatoes ½ cup warm apples 2oz WW roll, pc marg ½ cup berry applesauce
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>H389</b>	<b>H390</b>	<b>H391</b>	<b>H392</b>	<b>H393</b>
<b>SWEDISH MEATBALL</b> (3-1oz EP meatballs) w 2oz gravy ½ cup buttered wide noodles ½ cup peas 1oz WW bread, pc marg ½ cup mandarin oranges	<b>BALSAMIC GLAZED CHICKEN</b> (3oz EP chicken) w 1oz sauce & 0.5oz PS mozzarella cheese ½ cup penne pasta ½ cup collard greens 2oz WW roll, pc marg Fresh Apple	<b>SLICED BEEF W ONION GRAVY</b> (3oz EP beef, 2oz onion gravy) ½ cup whipped potatoes ½ cup mixed vegetables (corn, carrot, pea, green bean) 1sl/oz WW bread, pc marg ½ cup pineapples	<b>HAWAIIAN CHICKEN</b> (3oz EP chicken – 1oz soy, sesame, pineapple sauce) ½ cup confetti rice (w peppers) ½ cup marinated cucumber salad 2oz white roll, pc marg ½ cup fruit cocktail	<b>BAKED ZITI W SPINACH</b> (3/4 c ziti noodles, ½ c PS ricotta, 1oz PS mozzarella, 1oz spinach, 2 oz tomato sauce) ½ cup warm spiced (cinn, nutmeg) peaches ½ c Cali Blend (carrot, cauliflower, broccoli) 1oz sugar cookie
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>H374</b>	<b>H375</b>	<b>H376</b>	<b>H377</b>	<b>H378</b>
<b>HONEY-ROSEMARY CHICKEN</b> (3oz EP chicken) ½ c brown Rice Pilaf Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing) 1sl/oz WW bread, pc marg ½ cup fruit cocktail	<b>PINEAPPLE GLAZED PORK</b> (3oz EP pork, 2oz pineapple sauce) ½ cup sweet potatoes ½ cup green bean almondine 2oz WW roll, pc marg ½ cup cinnamon applesauce	<b>MEATLOAF (3oz EP beef) W 2oz GRAVY</b> ½ cup whipped potatoes ½ cup peas and carrots 1sl/oz white bread, pc marg Fresh Apple	<b>CHEESE OMELET &amp; TURKEY SAUSAGE</b> (3oz EP cheese omelet, 1oz EP turkey sausage) ½ cup diced potatoes with peppers and onions ½ cup spinach w carrots 1oz/sl WW bread, pc marg 2oz sweet muffin	<b>TILAPIA WITH CREAMY DILL SAUCE</b> (3oz EP tilapia) ½ cup carrot coins ½ cup Vegetable brown rice 2 oz whole wheat roll, margarine ½ cup mandarin oranges
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>H379</b>	<b>H380</b>	<b>SPPCA-EASTER-HOT</b>	<b>H382</b>	<b>H383</b>
<b>HERB ROASTED CHICKEN THIGH</b> (3oz EP chicken thigh w 2oz herb chicken gravy) ½ cup mixed vegetables (corn, carrot, pea, green bean) ½ cup roasted red potatoes 2oz WW roll, pc margarine ½ cup applesauce	<b>HEARTY BEEF STEW</b> (3oz EP beef, 2oz gravy) ½ cup Stewed veggies - carrots, potato, peas ½ cup cauliflower 2oz WW Roll, pc marg 1oz oatmeal cookie	<b>GLAZED TURKEY HAM W/ FRUIT SAUCE</b> Corn pudding Winter blend vegetables Dinner roll Apple pie Orange juice	<b>CREAMY PARMESAN CHICKEN</b> (3oz EP chicken, 2oz thin white parm sauce) ½ cup broccoli ½ cup penne 2oz WW roll, pc marg ½ cup peaches	<b>RAVIOLIS W ROASTED RED PEPPER SAUCE</b> (1/2 c PS Ricotta, 1 oz PS Mozz, 2 oz sauce, ¼ c pasta) ½ cup sauteed spinach w carrots ½ c Corn Fresh Orange

