



Cavell Gardens *March Monthly Meal Plan*

Sun, Mar 01	Mon, Mar 02	Tue, Mar 03	Wed, Mar 04	Thu, Mar 05	Fri, Mar 06	Sat, Mar 07
Cream of Mushroom Soup Old English Breakfast Scrambled Eggs, Baked Beans, Sausages, Roasted Roma Tomato and Hashbrowns Fresh Cut Fruit Salad	Cream of Cauliflower Soup Chicken Taco Salad Iceberg Lettuce, Sour Cream, Salsa, Cheddar Cheese Mini Churro Bites	Roasted Red Pepper Soup Pesto Cranberry Chicken Salad Rolls with Lettuce and Tomato Krinkle Cut Potato Chips and Pickle Spears Pineapple Jell-O with Whipped Cream	Parsnip and Nutmeg Soup Turkey and Brie Sandwich on White Rye Bread with Rosemary Aioli Yam Wedges and Lemon Garlic Aioli Lemon Blueberry Tarts	Curried Lentil Soup Panko Crusted Mac N' Cheese with Pulled Pork Roasted Tomato & Onion Caramel Praline Ice Cream	Carrot Ginger Soup Shrimp Fried Rice with Cilantro Spring Roll with Plum Sauce Chocolate Mousse with Cherry	Broccoli Cheddar Soup Turkey Chili filled Baked Potato Sour Cream, Cheese, and Cilantro Nutella Filled Crepe with Whipped Cream
Broccoli Coleslaw with Raisin Stuffed Pepper with Mushrooms, Onions & Wild Rice, topped with Parmesan Cheese Mediterranean Lamb Stew with Rosemary and Garlic Herb Roasted Potatoes, Acorn Squash and Parsnips Peach Cobbler	Chopped Salad with Tomato and Blue Cheese Dressing Baked Cod with Creamy Leeks Braised Chicken Breast with a Mushroom Gravy Mashed Potatoes, Yellow Beans with Baby Carrots Chocolate Layer Cake	Creamy Cucumber and Dill Salad Savory Chickpea and Lentil Tomato Ragout served on a bed of Saffron & Onion Basmati Rice Turkey Lasagna with Ricotta and Basil and Garlic Bread Roasted Cauliflower and Zucchini Vanilla Tres Leches Cake	Spinach Salad with Cherry Tomato and Crumbled Eggs Creamy Tomato Vegetable Pasta Bake Braised Chicken Breast with Caper Lemon Butter Sauce Herbed Orzo, Peas and Roasted Mushroom Warm Rice Pudding with Raisins	Asian Coleslaw with Hoisin Vinaigrette and Sesame Seeds Steamed Salmon with Teriyaki Glaze Beef Meatloaf with Roasted Shallot Gravy Steamed Rice, Golden Beets and Roasted Tomato Whole Wheat Banana Cake with Buttered Oats Topping	Mixed Greens with Apples and Walnuts Vegetable Pot Pie with Thyme Gravy Chicken and Leek Pot Pie with Thyme Gravy Creamy Mashed Potatoes, Broccoli and Roasted Red Pepper Strawberry Shortcake	Chick Pea Salad with Fresh Cut Vegetables and Herbs Lentil & Root Vegetable Shepherd's Pie with Mushroom Red Wine Gravy Lamb Shepherd's Pie with Mushroom Red Wine Gravy Steamed Broccoli & Roasted Carrots NY Cheesecake with Blueberry Compote
Sun, Mar 08	Mon, Mar 09	Tue, Mar 10	Wed, Mar 11	Thu, Mar 12	Fri, Mar 13	Sat, Mar 14
Cream of Mushroom Soup Bacon & Vegetable Quiche Side Green Salad with Julienne Carrot, Tomato, Ranch Dressing Fresh Fruit Salad	Corn Chowder Cobb Salad Roasted Chicken, Iceberg Lettuce, Grape Tomato, Crumbled Egg, Blue Cheese Dressing Vanilla Yogurt with Honey Granola	Egg Drop Soup with Scallions Crispy Honey Garlic Chicken Mixed Vegetable Stir Fry and Chow Mein Noodles Portuguese Egg Custard Tarts	Cream of Root Vegetable Soup Chicken Quinoa Salad with Chickpea, Cucumber & Tomato, White Balsamic Dressing Warm Potato Rolls Citrus Chocolate Pudding	Cabbage and Vegetable Soup Corned Beef & Swiss on White Rye with Sauerkraut Potato Chips and Pickle Wedges Strawberry Angel Cake with Whipped Cream German Cucumber Salad with	Chicken Noodle Soup Three Cheese Perogies with Sour Cream and Chives Garlic Sausage Coil and Crispy Onions Lemon Jello with Whipping Cream	Potato & Green Pea Soup Nathan's All Beef Hot Dog with Ketchup, Mustard, Relish and Sauerkraut Sweet Potato Wedges, Lemon Garlic Dip Yogurt with Stewed Strawberries
Greek Salad with Feta Cheese and Olives Chicken Souvlaki with Tzatziki and Pita Bread Greek Lamb Stew topped with Feta Cheese, Pita Bread Lemon Scented Rice, Roasted Zucchini and Blistered Tomatoes Warm Apple Crumble with Whipped Cream	Green Salad with Pears, Almonds and Italian Dressing Spinach and Ricotta Cannelloni with Roasted Red Pepper Coulis Turkey and Mushroom Ragout with Penne Broccoli and Roasted Parsnips Bavarian Cream Tart with Fresh Blueberries	Cesar Salad with Parmesan and Croutons Herb Crusted Salmon served with a Creamy Leek Sauce Beef Liver with a Caramelized Onion Gravy served on Creamy Orzo Green Beans and Roasted Cauliflower Bread Pudding with Salted Caramel Sauce	Iceberg Lettuce, Grape Tomatoes, Carrots and Red Onions with Balsamic Dressing Three Cheese Lasagna with Garlic Bread Roast Beef with Red Wine Jus Garlic Mashed Potato with Green Peas and Baby Carrots Lemon Meringue Pie	Sour Cream Hearty Chicken Stew with Vegetables, Potatoes and Dinner Roll Mediterranean Vegetable Spaghetti with Olives, Capers and Tomato, topped with Feta Cheese Steamed Wax Beans & Roasted Mushrooms Strawberry Mousse with Vanilla Wafer	Asian Coleslaw with Sesame Hoison Dressing Teriyaki Shrimp & Vegetable Stir Fry Sweet & Sour Chicken Steamed Rice with Baby Bok Choy and Green Onion Tapioca Pudding with Mango Syrup	Caesar Salad with Parmesan and Crutons Spaghetti Bolognese with Garlic Bread Rainbow Trout Fillets with Barley Risotto & Citrus Garlic Cream Roasted Carrots & Green Beans Tiramisu Cake
Sun, Mar 15	Mon, Mar 16	Tue, Mar 17	Wed, Mar 18	Thu, Mar 19	Fri, Mar 20	Sat, Mar 21
Cream of Cauliflower Soup Spinach, Feta and Tomato Frittata Mixed Green Salad with Cucumber, Tomato and Onion, Italian Vinaigrette Fresh Fruit Salad with Fresh Berries	Potato Vegetable Soup Turkey & Swiss with Cranberry Mayo on Soft Potato Roll OR Cucumber & Cream Cheese Juice Box and Whole Fruit	Lemony Chicken Vegetable Soup Roast Beef with Horseradish Mayo on Rye OR Tomato, Lettuce & Cheese Sandwich with Alfalfa Sprout Juice Box and Whole Fruit	Cabbage and Tomato Soup Coronation (Curried) Chicken Salad with Raisins on a Brioche Bun OR Curried Vegetable Sandwich Juice Box and Whole Fruit	Hot and Sour Soup Salmon, Dill & Caper Salad in a Croissant OR Truffle Egg Salad in a Croissant Juice Box and Whole Fruit	Cream of Mushroom Soup Tuna Salad with Avocado and Arugula on Ciabatta OR Avocado, Lettuce and Tomato on Ciabatta Juice Box and Whole Fruit	Basil Minestrone Soup Ham & Cheese with Garlic Mayo on Rye OR Tomato with Bocconcini and Basil, Pesto Mayo on Rye Juice Box and Whole Fruit
Herb Chick Pea Salad with Julienne Vegetable, French Vinaigrette Roasted BBQ Chicken Thighs Beer Braised Bratwurst Sausage with Crispy Onions Wild Rice Pilaf, Green Beans and Orange-Glazed Carrots Whole Wheat Banana Cake with Buttered Oats Topping	Creamy Cucumber Salad with Fresh Dill, Red Onion Lamb Shepherd's Pie with Guinness Gravy Vegetable Shepherd's Pie with Chickpeas, Guinness Gravy Buttered Green Peas & Roasted Parsnips Lime Jello	Cesar Salad with Crutons and Parmesan Turkey Chili served on Half a Baked Potato, with Cheese & Sour Cream Three Bean Chili served on Half a Baked Potato, with Cheese & Sour Cream Spinach Cornbread with Honey Butter Individual Orange Sherbet Cup	Coleslaw with Almonds and Carrots Traditional Meat Lasagna with Basil Oil Three Cheese Vegetable Lasagna Garlic Bread, Roasted Zucchini & Peppers Two Bite Brownies	Mixed Greens w/ Grape Tomato and Carrots, French Dressing Chicken & Vegetable Stew Vegetable Stew with Lentils Buttered Egg Noodles, Green Beans & Baby Carrots Individual Strawberry Ice Cream Cup	Spinach with Onion, Crumbled Egg & Balsamic Dressing Miso Glazed Cod Miso Glazed Tofu Steak Mashed Potato, Roasted Broccoli & Cauliflower Blueberry Clafoutis	Mixed Green Salad with and Cucumbers Chicken Pot Pie served with a Thyme Gravy Vegetable Pot Pie with Chickpeas served with a Thyme Gravy Mashed Potato, Buttered Green Peas and Carrots Cranberry Walnut Bread Pudding
Sun, Mar 22	Mon, Mar 23	Tue, Mar 24	Wed, Mar 25	Thu, Mar 26	Fri, Mar 27	Sat, Mar 28
Basil Minestrone Soup Ham & Cheese with Garlic Mayo on Rye OR Tomato with Bocconcini and Basil, Pesto Mayo on Rye Juice Box and Whole Fruit	Curried Cauliflower Soup Roasted Beef Sandwich with Sauerkraut & Dijon Tarragon May onaise Creamy Potato Salad, Pickle Spear Two Bite Brownies with Whipped Cream	Broccoli Cheddar Soup BBQ Pulled Pork Sliders on Brioche Rolls Creamy Coleslaw Butterscotch Pudding with Candied Walnuts	Miso Soup with Tofu Shrimp and Egg Fried Rice Vegetable Spring Roll with Plum Sauce Mandarin Orange Jell-O	Carrot Ginger Soup Chicken & Chickpea Salad with Cucumber, Bell Pepper and Tomato, Topped with Feta Warm Potato Rolls Caramel Praline Ice Cream	Turkey & Vegetable Soup Homemade Fish Cakes with a Tarragon Remoulade Fresh Green Salad with Tomato and Bell Pepper Vanilla Pudding with Shaved Chocolate	Cream of Tomato Soup Pesto Grilled Cheese Sandwich with Sundried Tomato Arugula Salad with Toasted Walnut and Balsamic Vinaigrette Classic Ambrosia Salad
Mixed Green Salad with and Cucumbers Chicken Pot Pie served with a Thyme Gravy Vegetable Pot Pie with Chickpeas served with a Thyme Gravy Mashed Potato, Buttered Green Peas and Carrots Cranberry Walnut Bread Pudding	Shredded Beets, Orange and Goat Cheese Salad Butternut Squash Ravioli with Goat Cheese, Spinach and Tomato in a Brown Butter Cream Sauce, Candied Herb Rubbed Pork Tenderloin with Apple Cider Reducton Wild Rice Pilaf, Creamed Corn and Buttered Cauliflower Vanilla Tres Leches Cake	Cesar Salad with Croutons and Parmesan Hearty Vegetable Casserole Roasted Salmon with Dill Hollandaise Roasted Baby Potato with Lemon, Green Beans Lemon Ricotta Cheesecake Mousse	Iceberg Salad with Apples and Grapes Creamy Chicken Stew with Chive Cheddar Biscuit Hearty Bangers & Mash with Caramelized Onion Gravy Mashed Potato, Roasted Root Vegetable Medley Carrot Cake with Cream Cheese Frosting	Baby Kale Salad with Julienne Vegetables Linguini and Clams with Garlic Bread Classic Beef Lasagna with Garlic Bread Roasted Golden Beets and Green Beans Apple Cobbler	Broccoli Slaw with Grape Tomato and Ranch Dressing Chicken Adobo (Filipino Style Stew) Lentil, Tomatoes and Spinach Curry Steamed Rice, Bok Choy and Green Onion Red Velvet Cake	Mixed Green Salad with and Cucumbers Winter Root Vegetable Ragout Moroccan Spiced Beef Stew with cinnamon, cumin, coriander, apricots, and chickpeas. Parsley Steamed Potato, Roasted Parsnip and Red Peppers Bavarian Cream Tart with Fresh Berries
Sun, Mar 29	Mon, Mar 30	Tue, Mar 31				
Chicken Noodle Soup French Toast with a Warm Apple Chutney Chicken Sausage and Orange Wedge Fresh Fruit and Berries	Tomato Bisque Grilled Chicken Salad with Potato Roll Iceberg Lettuce, Tomato, Cucumber, Red Onion, and Blue Cheese Dressing Vanilla Yogurt with Honey Granola	Roasted Corn Chowder Ham and Swiss Sandwich with Cranberry Mayo on Rye Bread Creamy Caesar Salad Portuguese Egg Custard Tarts				
Greek Salad Cucumber, Tomatoes, Red Onions, Kalamata Olives and Feta Roasted Root Vegetable a la King Kashmiri-Style Lamb Curry with Mint Raita Roast Baby Potato, Braised Purple Cabbage and Yellow Beans Mulled Wine Poached Pears with Whipped Cream and Mint	Red Beet Salad with Cucumber and Grape Tomato, House Dressing Atlantic Cod with Lemon Dill Sauce Pork Tenderloin with Roasted Garlic Gravy Garlic Rice, Roasted Mushroom and Zucchini Blueberry Jelly Filled Donuts	Mixed Greens with Vegetables and Balsamic Dressing Roast Salmon with Tomato Caper Sauce Smoked Ham with Pineapple Chutney Onion and Cheddar Scallop Potatoes, Buttered Peas and Carrots Mango Ice Cream				