



Monthly Menu Planner

MOW

For the month of:
MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BUTTERNUT SQUASH BAKED FISH RICE VEGETABLES	2 MINISTRONE SOUP MEAT BALLS PASTA VEGETABLES	3 CHICKEN SOUP ROASTED CHICKEN ROAST POTATO VEGETABLES
6 PEA SOUP CHICKEN STEW RICE VEGETABLES	7 MUSHROOM BARLEY SHEPPARDS PIE SWEET MASHED POTATO VEGETABLES	8 CABBAGE BORSCHT BAKED SALMON POLENTA VEGETABLES	9 BROCCOLI SOUP MEAT STEW PASTA VEGETABLES	10 CHICKEN SOUP ROASTED CHICKEN KASHA & BOWS VEGETABLES
13 CAULIFLOWER SOUP TUNA PATTY ROAST POTATO VEGETABLES	14 MINISTRONE SOUP MEAT-VEG. LASAGNA PENNE PASTA VEGETABLES	15 TOMATO SOUP TALAPIA FISH COUSCOUS VEGETABLES	16 POTATO LEEK SOUP CHICKEN BALLS MILLET & SQUASH VEGETABLES	17 CHICKEN SOUP ROASTED CHICKEN MASHED SWEET POTATO VEGETABLES
20 CREAM OF MUSHROOM CHICKEN VEG. STEW PASTA VEGETABLES	21 BUTTERNUT SQUASH CHICKENLOAF COUSCOUS VEGETABLES	22 PARSNIP SOUP BAKED SALMON RICE VEGETABLES	23 LENTIL SOUP CHOPPED STEAK MASHED POTATO VEGETABLES	24 CHICKEN SOUP ROASTED CHICKEN POTATO KUGEL VEGETABLES
27 CABBAGE BORSCHT FISH BALLS POTATO VEGETABLES	28 VEGETABLE SOUP MEATLOAF PASTA VEGETABLES	29 MUSHROOM SOUP TALAPIA FISH SWEET POTATO VEGETABLES	30 CARROT SOUP CHICKEN STEW ROAST POTATO VEGETABLES	31 CHICKEN SOUP ROASTED CHICKEN MASHED POTATO VEGETABLES

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