

# March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The City of Evanston does not discriminate in admission to programs, activities or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the US Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination in Employment Act; and the US and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint. Funds (in whole/part) for this publication were provided through an award from Age Options through grants from the Illinois Department on Aging and/or Administration on Aging, US Department of Health and Human Services under Title III of the Older Americans Act.</p>		<p><b>1</b> Texas Chili Mac &amp; Cheese Country Blend Vegetables Multi Grain Bread Fruit Cup</p>	<p><b>2</b> Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi Grain Bread Chilled Pears Beet Salad</p>	<p><b>3</b> Baked Pollock w/ Lemon Butter Sauce Baked Potato California Blend Wheat Bread Vanilla Mandarin Pudding *Diabetic Sub</p>
<p><b>6</b> Slow Roasted Beef/Gravy Mashed Potatoes Brussell Sprouts Multi Grain Bread Chilled Pears * Diabetic Sub</p>	<p><b>7</b> Turkey Pot Roast/Gravy Baked Potato Peas &amp; Carrots Multi Grain Bread Chefs Fruit Banana</p>	<p><b>8</b> Spaghetti &amp; Meatball Marinara Broccoli Wheat Vienna Chilled Peaches *Meatsauce</p>	<p><b>9</b> Chicken Tenders &amp; Country Chicken Gravy Bread Stuffing Sweet Potato Mashed Northern Bean &amp; Tomato Medley Cran Apple Sauce. Pea Salad</p>	<p><b>10</b> Surimi Crab Alfredo Penne Pasta Zucchini w/ Red Peppers &amp; Onions Chefs Choice Vegetable Multi Grain dinner roll Fruit Cup</p>
<p><b>13</b> Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tid bits</p>	<p><b>14</b> Fish Sandwich Oven Fries Carrot Raisin Salad Wheat sandwich Bun Warm Peach Crumble Chefs Choice</p>	<p><b>15</b> BBQ Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello * Diabetic Sub</p>	<p><b>16</b> Irish Stew w/ Peas, onions &amp; celery Whole Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistachio Pudding</p>	<p><b>17</b> Cheese Omelette Hash Browned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange</p>
<p><b>20</b> Roast Pork &amp; Gravy Au Gratin Potatoes Peas &amp; Carrots Wheat bread Whole Apple</p>	<p><b>21</b> Cheddar Broccoli Chicken Casse- role Cauliflower Whole Wheat Roll Warm Pear &amp; Cranberry Crumble Pea Salad</p>	<p><b>22</b> Salisbury Steak/Gravy Mashed Potatoes Corn Multi Grain Dinner Roll Pineapple Tid Bits</p>	<p><b>23</b> Hot Dog Over Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon</p>	<p><b>24</b> Classic Lasagna w/ Marinara Sauce Broccoli Chefs Choice Vegetable Wheat Bread Oatmeal Rasin Cookie * Diabetic Sub</p>
<p><b>27</b> Roast Turkey &amp; Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit</p>	<p><b>28</b> Spaghetti &amp; Meatball Marinara Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup *Meat Sauce</p>	<p><b>29</b> Shaved Pork w/ Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Multi Grain Bread Apple Sauce</p>	<p><b>30</b> Baked Chicken &amp; Gravy Mashed Potatoes Cauliflower &amp; Red Pepper Wheat Bread Mandarin Oranges Chef's Choice</p>	<p><b>31</b> Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetable Chick Pea Salad Fresh Melon</p>