

ARCADIA HOME HEALTH SERVICES, MARCH 2017 MENU - CALL 983-5900

Monday	Tuesday	Wednesday	Thursday	Friday
		3/1/17	3/2/17	3/3/17
		Lunch: Teriyaki Hamburger w/Bun, Cut Corn Dinner: Beef Stroganoff w/Egg Noodles Garden Peas Coconut Cake	Lunch: Hot Turkey Sandwich Sicilian Blend Dinner: Pork Tofu, White Rice Chopped Spinach Mac Nut Brownie	Lunch: BBQ Chicken White Rice, Peas and Carrots Dinner: Beef Burgundy Cauliflower, White Rice Cherry Torte Bar
3/6/17	3/7/17	3/8/17	3/9/17	3/10/17
Lunch: Chicken Katsu White Rice, Sliced Carrots Dinner: Beef Stew White Rice, Country Trio Pina Colada Cake	Lunch: BBQ Pork Sandwich Baked Bean, Mixed Vegetables Dinner: Beef Nishime White Rice, Chopped Spinach Rocky Road Cake	Lunch: Chinese Style Fresh Fish White Rice, Vegetable Medley Dinner: Chicken Lasagna Garden Peas Chocolate Rasp. Truffle Cake	Lunch: Chicken Curry White Rice, Santa Fe Blend Dinner: Roast Pork w/ Stuffing Riviera Blend Blueberry Crisp	Lunch: Hamburger Steak White Rice, Broccoli Dinner: Teriyaki Chicken White Rice, Mixed Vegetables Tapioca Pudding
3/13/17	3/14/17	3/15/17	3/16/17	3/17/17
Lunch: Kalua Pig and Cabbage White Rice, Capri Blend Dinner: Beef Curry White Rice, Cut Corn Pecan Pie	Lunch: Baked Ziti w Garlic Bread, Chopped Spinach Dinner: Beef Broccoli White Rice, Sliced Carrots Chocolate Tapioca	Lunch: Hot Roast Beef Sandwich Broccoli Spears Dinner: Chicken Nuggets White Rice, Cut Corn Choc. Peanut Butter Brownies	Lunch: Sauteed Mahi w/ Fried Rice Tartar Sauce, Sliced Carrots Dinner: Turkey Tetrazzini, Mixed Vegetables Cherry Crisp	Lunch: Chicken Picata Wild Rice Pilaf, Cut Corn Dinner: Corned Beef and Cabbage White Rice, Carrots Key Lime Squares
3/20/17	3/21/17	3/22/17	3/23/17	3/24/17
Lunch: Chicken Enchilada Spanish Rice, Peas & Carrots Dinner: Hungarian Goulash egg noodle Crinkle Cut Carrots Lemon Bars	Lunch: Chinese Style Fresh Fish White Rice, Mixed Veg Dinner: Chicken Curry White Rice, Garden Peas Red Velvet Cake	Lunch: Shoyu Chicken Crinkle Cut Carrots, White Rice Dinner: Pork Nishime White Rice, Green Beans Lemon Meringue Pie	Lunch: Chili w/Hot Dog White Rice, Corn Dinner: Chicken Jambalaya Chopped Spinach Custard Pie	Lunch: Chicken Meatball w/ Marinara Angel Hair Pasta, Garden Peas Dinner: Mahi Almondine, Rice, Mixed Vegetables Dreamsicle Cake
3/27/17	3/28/17	3/29/17	3/30/17	3/31/17
Lunch: Meatloaf w/Gravy Mashed Potatoes, Cut Corn Dinner: Clam Linguini w/Red Sauce Italian Blend Oreo Cookie Cheesecake	Lunch: Orange Chicken White Rice, Crinkle Cut Carrots Dinner: Hamburger Steak White Rice, Garden Peas Strawberry Romanoff	Lunch: Sloppy Joes French Green Beans Dinner: BBQ Ribs White Rice, Corn Tirimisu Cake	Lunch: Chicken Bruschetta White Rice, Key West Blend Dinner: Meat Lasagna Baby Lima Beans Butter Mochi	Lunch: Seafood Jambalaya Peas & carrots Dinner: Beef Tomato White Rice, Mixed Vegetables Mocha Cheesecake

ARCADIA HOME HEALTH SERVICES, March 2017 LOW SODIUM MENU - CALL 983-5902

Monday	Tuesday	Wednesday	Thursday	Friday
		3/1/17	3/2/17	3/3/17
		Lunch: SF Hamburger Patty Brown Rice, Cut Corn Dinner: SF Beef Stroganoff w/Egg Noodles, Garden Peas Coconut Cake	Lunch: SF Hot Turkey Sandwich, Sicilian Blend Dinner: SF Pork Tofu, White Rice Chopped Spinach Mac Nut Brownie	Lunch: SF Broiled Chicken White Rice, Peas and Carrots Dinner: SF Beef Burgundy Cauliflower, White Rice Cherry Torte Bar
3/6/17	3/7/17	3/8/17	3/9/17	3/10/17
Lunch: SF Grilled Chicken White Rice, Sliced Carrots Dinner: SF Beef Stew White Rice, Country Trio Pina Colada Cake	Lunch: SF Kalua Pork Sandwich (no Beans), Mixed Vegetables Dinner: SF Beef Nishime White Rice, Chopped Spinach Rocky Road Cake	Lunch: SF Fresh Fish White Rice, Vegetable Medley Dinner: SF Sauteed Chicken Brown Rice, Garden Peas Chocolate Rasp. Truffle Cake	Lunch: SF Chicken Curry White Rice, Asian Blend Dinner: SF Roast Pork (no Stuffing) Brown Rice, Riviera Blend Blueberry Crisp	Lunch: SF Hamburger White Rice, Broccoli Dinner: SF Broiled Chicken White Rice, Mixed Vegetables Tapioca Pudding
3/13/17	3/14/17	3/15/17	3/16/17	3/17/17
Lunch: SF Kalua Pork&Cabg White Rice, Capri Blend Dinner: SF Beef Curry White Rice, Cut Corn Pecan Pie	Lunch: SF Baked Ziti (no Garlic Bread), Chopped Spinach Dinner: SF Beef Broccoli White Rice, Sliced Carrots Chocolate Tapioca	Lunch: SF French Dip Sandwich Broccoli Spears Dinner: SF Fried Chicken White Rice, Cut Corn Choc. Peanut Butter Brownies	Lunch: SF Sauteed Mahi Brown Rice, Lemon Wedge Sliced Carrots Dinner: SF Turkey Tetrazzini, Mixed Veg., Cherry Crisp	Lunch: SF Chicken Picata Brown Rice, Cut Corn Dinner: SF Irish Stew White Rice, Carrots Key Lime Squares
3/20/17	3/21/17	3/22/17	3/23/17	3/24/17
Lunch: SF Sauteed Chicken Brown Rice, Peas & Carrots Dinner: SF Hungarian Goulash egg noodle, Crinkle Cut Carrots Lemon Bars	Lunch: SF Sauteed Fish White Rice, Mixed Veg Dinner: SF Chicken Curry White Rice, Garden Peas Red Velvet Cake	Lunch: SF Ginger Chicken Crinkle Cut Carrots, White Rice Dinner: SF Pork Nishime White Rice, Green Beans Lemon Meringue Pie	Lunch: SF Chili (no Hot Dog) White Rice, Corn Dinner: SF Sweet Sour Pork Brown Rice, Spinach Custard Pie	Lunch: SF Grilled Chicken Brown Rice, Garden Peas Dinner: SF Chicken Hekka, Rice, Mixed Vegetables Dreamsicle Cake
3/27/17	3/28/17	3/29/17	3/30/17	3/31/17
Lunch: SF Meatloaf/SF Gravy Mashed Potatoes, Cut Corn Dinner: SF Sauteed Chicken Breast Brown Rice, Italian Blend Oreo Cookie Cheesecake	Lunch: SF Grilled Chicken White Rice, Crinkle Cut Carrots Dinner: SF Hamburger Patty White Rice, Garden Peas Strawberry Romanoff	Lunch: SF Sloppy Joes French Green Beans Dinner: SF Ribs White Rice, Corn Tirimisu Cake	Lunch: SF Broiled Chicken White Rice, Key West Blend Dinner: SF Hamburger Patty Brown Rice, Lima Beans Butter Mochi	Lunch: SF Sauteed Fish Brown Rice, Peas & carrots Dinner: SF Stir Fry Beef w/Tomato White Rice, Mixed Vegetables Mocha Cheesecake