

# CARSON 2023

## March Menu

Menu  
subject to  
change

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### THE MONTH OF MARCH IS...

National Peanut Month  
National Nutrition Month  
Caffeine Awareness Month  
National Noodle Month  
Women's History Month  
Irish-American Heritage Month  
National Umbrella Month  
Kidney Cancer Awareness Month

National Craft Month  
Berries and Cherries Month  
National Kidney Month  
Red Cross Month  
Mad for Plaid Month  
National Color Therapy Month  
National Optimism Month  
Spiritual Wellness Month

### MENU ALTERNATIVES

The following are alternative meals for Lunch or Dinner.

1. Ham or Turkey Sandwich
2. Fruit Salad w/Cottage Cheese
3. Cold Veggie Plate w/Dressing
4. Cheese Omelet w/Toast
5. Grilled Cheese Sandwich
6. Peanut Butter & Jelly Sandwich

#### BREAKFAST

Pineapple Juice, Farina  
Country Scramble, English Muffin

#### LUNCH

Roast Beef Sandwich  
Three Bean Salad, Jello

#### DINNER

Sloppy Joe on a Bun  
Potatoes, Vegetables  
Peach Cobbler

#### BREAKFAST

Apple Juice, French Toast  
Syrup, Cream of Rice

#### LUNCH

Fruit Salad w/Cottage Cheese  
Dinner Roll

#### DINNER

Turkey Tetrazzini, Mixed Vegetables  
Corn Bread, Pudding

#### BREAKFAST

Apple Juice, French Toast  
Syrup, Cream of Rice

#### LUNCH

Chicken Fajitas, Steamed Rice  
Cut Corn, Red Salsa, Fruit Mix

#### DINNER

Cheese Manicotti  
Garlic Bread, Vegetables  
Jello

#### BREAKFAST

Apple Juice  
Cream of Rice  
French Toast, Syrup

#### LUNCH

Turkey Salad Cold Plate  
Dinner Roll, Peach Cobbler

#### DINNER

Grilled Chicken, Mashed Potatoes  
Green Peas, Orange Cake

#### BREAKFAST

Pineapple Juice  
Oatmeal, Maple Bacon  
Oven Pancake Sausage Links

#### LUNCH

Chicken Sandwich, Lettuce &  
Tomatoes, Cut Corn, Cookies

#### DINNER

Tomato Rice Soup  
Egg Salad Sandwich  
Green Salad, Sliced Peaches

#### BREAKFAST

Orange Juice  
Fried Egg, Malt-O-Meal  
Hash Browned Potatoes

#### LUNCH

Patty Melt, Swiss Cheese  
Grilled Onions, Potato Chips, Jello

#### DINNER

Roast Turkey, Mashed Potatoes  
Mixed Vegetables  
Chocolate Cake

#### BREAKFAST

Cranberry Juice,  
Bacon, Malt-O-Meal  
Pancakes, Syrup

#### LUNCH

Meat Lasagna, Green Beans  
Garlic Bread, Fruit Mix

#### DINNER

Cheese Enchilada, Steamed Rice  
Cut Corn, Cherry Tart

#### BREAKFAST

Grape Juice, Farina  
Breakfast Frittata  
Toast, Orange Slice

#### LUNCH

Tuna Sandwich, Green Salad  
Ranch Dressing, Pudding

#### DINNER

Sloppy Joe on a Hamburger Bun  
Macaroni Salad  
Chocolate Chip Cookies

#### BREAKFAST

Apple Juice, French Toast  
Syrup, Cream of Rice

#### LUNCH

Grilled Cheese Sandwich  
Potato Chips, Dessert Fruit Mix

#### DINNER

BBQ Chicken  
Mashed Potatoes  
Vegetables, Ice Cream

#### BREAKFAST

Apple Juice, Cream of  
Rice, French Toast, Syrup

#### LUNCH

Beef Tamales, Steamed Rice  
Red Salsa, Cut Corn, Apple Crisp

#### DINNER

Baked Fish  
Steamed Rice, Green Peas  
Chocolate Cake

#### BREAKFAST

Apple Juice, Oatmeal  
Scrambled Eggs, Toast

#### LUNCH

Grilled Ham & Cheese Sandwich  
Coleslaw Salad  
Jello

#### DINNER

Sweet Sour Chicken  
Steamed Rice, Cut Corn  
Ice Cream

*Daylight Saving Time begins*

#### BREAKFAST

Cold Cereals, Pancakes  
Fruit Slice, Toast, Bacon, Oatmeal

#### LUNCH

Mostaccioli Pasta, Garlic Bread  
Vegetables, Dessert Cookies

#### DINNER

White Beans Soup  
Egg Salad Sandwich  
Green Salad, Yellow Cake

#### BREAKFAST

Orange Juice, Fried Egg  
Malt-O-Meal  
Hash Browned Potatoes

#### LUNCH

Hot Dog, Potato Chips, Fruit Mix

#### DINNER

Beef Macaroni  
Green Beans, Garlic Bread  
Peach Cobbler

#### BREAKFAST

Blended Juice, Toast  
Malt-O-Meal Fried Egg  
Hash Browned Potatoes

#### LUNCH

Grilled Cheese Sandwich  
Macaroni Salad  
Jello

#### DINNER

Grilled Chicken, Mashed Potatoes  
Green Peas, Chocolate Pudding

#### BREAKFAST

Apple Juice, Oatmeal  
French Toast, Sausage Links, Syrup

#### LUNCH

Fruit Salad w/Cottage Cheese  
Dinner Roll, Pudding

#### DINNER

Sloppy Joe on a Bun  
Macaroni Salad  
Chocolate Chip Cookies

#### BREAKFAST

Pineapple Juice, Farina  
Country Scramble, English Muffin

#### LUNCH

Cheese Quesadilla  
Refried Beans, Cut Corn, Fresh Fruit

#### DINNER

BBQ Chicken  
Vegetables, Mashed Potatoes  
Ice Cream

*St. Patrick's Day*

#### BREAKFAST

Orange Juice, Pancakes  
Malt-O-Meal, Pancakes, Syrup

#### FISH

Fish Tacos, Steamed Rice  
Coleslaw Salad, Apple Crisp

#### DINNER

Spaghetti w/Meat Sauce  
Garlic Bread, Mixed Vegetables  
Pudding

#### BREAKFAST

Apple Juice, Toast  
Cheese Omelet, Hash Browns

#### LUNCH

Grilled Cheese Sandwich  
Potato Chips, Ice Cream

#### DINNER

Crab Salad  
Mashed Potatoes, Mixed  
Vegetables, Jello

#### BREAKFAST

Cold Cereals, Pancakes  
Fruit Slice, Toast, Bacon, Oatmeal

#### LUNCH

Chili Dogs w/Cheese & Onions  
Potato Chips, Fruit Mix

#### DINNER

White Bean Soup  
Egg Salad Sandwich  
Green Salad, Yellow Cake

#### BREAKFAST

Orange Juice, Fried Egg  
Malt-O-Meal, Hash Browned  
Potatoes

#### LUNCH

Cheese Burger w/Lettuce and  
Tomatoes, Baked Beans, Jello

#### DINNER

Roast Turkey  
Mashed Potatoes, Mixed Vegetables  
Chocolate Cake

#### BREAKFAST

Apple Juice, Oatmeal  
French Toast, Sausage Links, Syrup

#### LUNCH

BBQ Pork Patties, Mashed Potatoes  
Mixed Vegetables, Ice Cream

#### DINNER

Spaghetti w/Meat Sauce  
Green Beans, Garlic Bread  
Cookies

#### BREAKFAST

Apple Juice, Oatmeal  
French Toast, Sausage Links, Syrup

#### LUNCH

Fruit Salad w/Cottage Cheese  
Dinner Roll, Pudding

#### DINNER

Salisbury Steak  
Mashed Potatoes, Vegetables  
Cherry Tart

#### BREAKFAST

Pineapple Juice, Farina  
Country Scramble, English Muffin

#### LUNCH

Cheese Quesadilla  
Refried Beans, Cut Corn, Fresh Fruit

#### DINNER

BBQ Chicken  
Vegetables, Mashed Potatoes  
Chocolate Cake

#### BREAKFAST

Orange Juice, Pancakes  
Malt-O-Meal, Pancakes, Syrup

#### LUNCH

Ground Beef & Rice, Tacos, Lettuce,  
Tomatoes, Red Salsa, Egg Custard

#### DINNER

Fish, Red Potatoes  
Green Beans, Pudding

#### BREAKFAST

Apple Juice, Toast  
Cheese Omelet, Hash Browns

#### LUNCH

Grilled Cheese Sandwich  
Potato Chips, Ice Cream

#### DINNER

Crab Salad  
Mashed Potatoes, Mixed  
Vegetables, Jello

#### BREAKFAST

Cold Cereals, Pancakes  
Fruit Slice, Toast, Bacon, Oatmeal

#### LUNCH

Chili Dogs w/Cheese & Onions  
Potato Chips, Fruit Mix

#### DINNER

White Bean Soup  
Egg Salad Sandwich  
Green Salad, Yellow Cake

#### BREAKFAST

Orange Juice, Fried Egg  
Malt-O-Meal, Hash Browned  
Potatoes

#### LUNCH

Cheese Burger w/Lettuce and  
Tomatoes, Baked Beans, Jello

#### DINNER

Roast Turkey, Mashed Potatoes  
Mixed Vegetables  
Chocolate Cake

#### BREAKFAST

Apple Juice, Oatmeal  
French Toast, Sausage Links, Syrup

#### LUNCH

BBQ Pork Patties, Mashed Potatoes  
Mixed Vegetables, Ice Cream

#### DINNER

Spaghetti w/Meat Sauce  
Green Beans, Garlic Bread  
Cookies

#### BREAKFAST

Pineapple Juice, Farina  
Country Scramble, English Muffin

#### LUNCH

Roast Beef Sandwich  
Three Bean Salad, Jello

#### DINNER

Sloppy Joe on a Bun  
Potatoes, Vegetables  
Peach Cobbler

#### BREAKFAST

Apple Juice, French Toast  
Syrup, Cream of Rice

#### LUNCH

Fruit Salad w/Cottage Cheese  
Dinner Roll

#### DINNER

Turkey Tetrazzini, Mixed Vegetables  
Corn Bread, Pudding

#### BREAKFAST

Apple Juice, French Toast  
Syrup, Cream of Rice

#### LUNCH

Chicken Fajitas, Steamed Rice  
Cut Corn, Red Salsa, Fruit Mix

#### DINNER

Cheese Manicotti  
Garlic Bread, Vegetables  
Jello

Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Mayolo know 3 hours before meal time.

### BEVERAGES

#### Breakfast

Cranberry, Apple,  
Orange Juices  
Coffee - Hot Tea  
Hot Chocolate  
Milk - Water

#### Lunch & Dinner

Coffee - Hot Tea  
Water - Ice Tea