

# Rosedale Monthly Menu March 2023

1:02 PM  
2/17/2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1-Mar	2	3	4
Beef Barley Soup Potato Salad	Cream of Broccoli & Cauliflower Greek Salad	Chicken Veg. Soup Mixed Greens	Tomato Veg. Soup Cabbage Mango Slaw	German Pea Soup Coleslaw	Borscht Soup Tomato & Cucumber w/ Sour Cream Dressing	Hamburger Soup Multi Bean Salad
Porkloin Roast & Gravy (GF)	Salisbury Steak & Onion Rings	Pork Medallion & Mushroom Sauce	Baked Blue Cod Fillet & Tartar Sauce (GF)	Pulled Pork on a Bun	Beef Stir-Fry (GF)	Pork Tenderloin Cutlet
Turkey Burger	Chicken Caesar Salad	Vegetable Quiche	Minute Steak (GF)	Danish Meatloaf & Gravy (GF)	Salmon Salad (GF) & Focaccia Bread	Baked Chicken Leg (GF)
Squash or PEI Mixed Veg. Mashed Potato or Potato Pancakes Peach Pie or ▼ Fruit	Sauteed Zucchini or Fancy Mixed Veg. Mashed Potato Coconut Cream Pudding or or ▼ Fruit	Garden Mixed Veg. Rice or Mashed Potato Black Forest Cake or ▼ Fruit	Broccoli or Peas Steamed Potatoes w/ Dill Baked Apple Slices or ▼ Fruit	Parsnips or Corn Mashed Potato or Oven Roasted Potato ▼ Fruit & Cookies	Stir-Fry Veg. Rice or Mashed Potato Pineapple Upside-down Cake or ▼ Fruit	Creamed Corn or Cauliflower & Cheesauce Baked or Mashed Potato ▼ Yogurt & Berries or ▼ Fruit
5	6	7	8	9	10	11
Garden Vegetable Soup Spinach Salad & Fruit Dressing	Cream of Asparagus Pear & Carrot Salad	Chicken Noodle Soup Coleslaw	Beef Vegetable Soup Broccoli Slaw	Boston Clam Chowder Power Salad	Ham & Lentil Soup Spinach & Peach Salad	Broccoli Cheese Soup Greek Salad
Lamb Roast (GF)	Ginger Beef & Springroll	Ham Dinner & Raisin Glaze	Grilled Tilapia Fish & Tartar Sauce (GF)	Chicken Wings, Veggies & Dip	Chopped Steak & Onions (GF)	Baked Chicken Breast (GF)
Beef Ravoili	Butter Chicken (GF)	Mushroom & Cheese Omelet (GF)	Macaroni & Cheese	Vegetable Quiche	Seafood Salad(GF) & a Bun Garnished w/ Fresh Fruit	Beef Chili (GF) & Biscuit
Oven Roasted Root Veg. Mashed Potato Carrot Cake or ▼ Fruit	Bok Choy or Carrots Mashed Potato or Rice Brownies or ▼ Fruit	Creamed Corn or Baked Beans Scalloped Potato or Hashbrowns Oatmeal Choc.Chip Cookie or ▼ Fruit	Sliced Beets or Parsnips Rice or Mashed Potato Lemon Pie or ▼ Fruit	California Mixed Veg. Mashed Potato or Sweet Potato Fries Butter Scotch Pudding or ▼ Fruit	Yams or Fancy Mixed Veg. Mashed Potato Chocolate Cake or ▼ Fruit	Turnips or Garden Mix Veg. Mashed Potato Pineapple Pudding or Fruit
12	13	14	15	16	17	18
Gumbo Soup Pickled Beets	Butternut Squash Harvest Salad	Navy Bean Soup Creamy Dill Tomato Slices	Cream of Tomato Soup Carrot & Raisin Salad	Seafood Chowder Marinated Veg. Salad	Cock a Leekie Soup Irish Spinach Salad & Strawb. Vinaigrette	Borscht Soup Cucumber Salad
Roast Beef Dinner (GF) , Yorkshire Pudding & Gravy	Shepherds Pie (GF)	Baked Chicken Drumsticks & Gravy (GF)	Beef Stroganoff (GF) & Biscuit	Pork Pepper Pot (GF)	Irish Lamb Stew w/ Irish Soda Bread (GF)	Pork Drummies (GF)
Chef's Salad	Chicken Supreme (GF)	Pancake & Sausage	Fish Burger & Tartar Sauce	Baked Chicken Breast & Gravy	Baked Salmon (GF) & Bechamel Sauce	Spaghetti & Meatsauce
Mashed Turnips & Carrots Mashed or Baked Potato Strawberry Cheesecake or ▼ Fruit	Fancy Mixed Veg. Mashed Potato Ice Cream or ▼ Fruit	Corn or Green Beans Mashed Potato or Hashbrown Chocolate Mousse or ▼ Fruit	Carrots or Peas Mashed Potato or Yam Fries Banana Cake or ▼ Fruit	Garden Mixed Veg. Mashed Potato or Rice ▼ Tapioca Pudding or ▼ Fruit	Braised Cabbage or Peas Colcannon Potatoes (Mashed Pot.w/ Cabbage & Onions) Choc.Chip Mint Ice Cream ▼ Fruit	Fancy Mixed Veg. Mashed Potato Strawberry Shortcake or or ▼ Fruit
19	20	21	22	23	24	25
Cream of Tomato Soup Broccoli Salad	Beef Noodle Soup Chantilly Fruit Salad	Corn & Potato Chowder Soup Melon Salad	Chicken Gumbo Soup Coleslaw	Pea Soup Tossed Greens	Vegetable Soup Mango Power Salad	Chicken Vegetable Greek Salad
Turkey Breast Roast , Gravy(GF), Cranberry Sauce	Ham Steak & Pineapple Ring	Swedish Meatballs (GF)	Chicken & Mushroom Sauce (GF)	Danish Meatloaf (GF)	Veal Bianco	Chicken Bacon Melt
Vegetarian Chili & Garlic Toast	Chicken Pasta Primavera	Mushroom Quiche	Fish & Chips	Bratwurst Sausage	Baked Haddock & Hollandaise Sauce (GF)	Polynesian Pork Chop (GF)
Whipped Yams or Peas Mashed Potato Lemon Tart or ▼ Fruit	Broccoli or Carrots Scalloped Potato or Mashed Potato Jell-O Parfait or ▼ Fruit	Fancy Mixed Veg Mashed Potato Yogurt & Berries or ▼ Fruit	Peas or Sliced Beets Mashed Potato or Potato Wedges Strawberry Rhubarb Pie or ▼ Fruit	Cauliflower w/ Cheese Sauce or Sauerkraut Mashed Potato Chocolate Pudding or ▼ Fruit	Green Beans or Carrots Mashed Potato or Rice Macadamia Nut Cookie or ▼ Fruit	PEI Mixed Veg. or Squash Mashed Potato or Rice Apple Pie or ▼ Fruit
26	27	28	29	30	31	1-Apr
Beef Barley Soup Broccoli Salad	Corn Chowder Harvest Salad	Wonton Soup Chinese Noodle Salad	Vegetable Soup Tossed Salad	Manhattan Clam Chowder Coleslaw	Cream of Cauliflower Tomato & Cucumber Slices	Italian Tomato & Rice Soup Carrot Raisin
Chicken Cordon Bleu & Mushroom Sauce	Kubassa, Cabbage Roll & Perogies	Chicken Stir-Fry (GF)	Country Style Beef Stew (GF)	Oriental Pork Casserole (GF)	Garlic Shrimp (GF)	Beef Stir-Fry (GF)
Seafood Salad(GF) & a Croissant Garnished w/ Fresh Fruit	Greek Chicken Salad (GF)	Vegetarian Lasagna & Garlic Toast	Baked Salmon & Bechamel Sauce (GF)	Beef Taco Salad	Chicken Pesto Pasta	Hot Turkey Open Faced Sandwich & Gravy
Creamed Corn or Green Beans Mashed Potato Cherries Jubilee or ▼ Fruit	PEI Mixed Veg. Mashed Potato Coconut Cream Pudding or ▼ Fruit	Carrots or Broccoli Rice or Mashed Potato Custard Tart & Fortune Cookie or ▼ Fruit	Stir-Fry Veg. Rice or Steamed Potato w/ Dill Strawberry Mousse or ▼ Fruit	Corn or Peas Oven Roasted or Mashed Potato Baked Apple Slices or ▼ Fruit	Italian Mixed Veg. Rice or Pasta Oatmeal Raisin Cookie or ▼ Fruit	Veg.Stir-fry Mashed Potato or Rice Chocolate Sundae or ▼ Fruit

A La Carte Menu Available

LEGEND: GREEN=MIXED, PORK/BEEF/TURKEY/COLDCUTS \*\*\*\*LAMB=GRAY  
ORANGE=BEEF \*\*\*\* BLUE=SEAFOOD \*\*\*\* PINK=PORK  
YELLOW=CHICKEN \*\*\*\* DARK YELLOW=TURKEY \*\*\*\* VIOLET=BUFFALO