


PEAK Menu | March 2020

* Meals may be substituted due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Marsala 2 Wild Rice, Broccoli Sliced Peaches Roll & Milk	Chickpea Curry 3 Brown Rice Sliced Peaches Roll & Milk	Baked Ziti 4 Roasted Vegetables Mixed Fruit Roll & Milk	Asian Pork Loin 5 Herb Rice, Corn Mandarin Oranges Roll & Milk	Fish & Chips 6 Fries, Mixed Vegetables, Apple Roll & Milk
Sausage with 9 Pepper & Onions Roasted Potatoes Snap Peas, Apple Milk	Grilled Cheese 10 Tomato Soup Mixed Vegetables Apple, Roll & Milk	Pineapple Chicken 11 Brown Rice, Broccoli Mandarin Oranges Roll & Milk	Italian Chicken Stew 12 Sliced Peaches Roll & Milk	Special Lunch 13 St. Patrick's Day Entertainment by Betsy Chapman
Chicken 16 Parmesan Mixed Vegetables Mandarin Oranges Roll & Milk	Pierogies with 17 Onions & Mushrooms Corn, Apple Roll & Milk	Low Carb Beef Stew 18 Sliced Peaches Roll & Milk	Paprika Chicken 19 Green Beans Herb Rice, Mixed Fruit Roll & Milk	Grilled Salmon 20 Spanish Rice Snap Peas, Mixed Fruit, Roll & Milk
Eggplant Parmesan 23 Mixed Vegetables Mandarin Oranges Roll & Milk	Meatloaf with 24 Mushroom Gravy Garlic Mashed Potatoes, Green Beans Pineapple, Roll & Milk	Pulled Pork 25 Brown Rice Three Bean Salad Apple Roll & Milk	Ground Beef 26 Stroganoff Mixed Vegetables Sliced Peaches Roll & Milk	Baked Haddock 27 w/Tomato Compote Wild Rice, Mixed Fruit Roll & Milk
Chickpea Curry 30 Brown Rice Sliced Peaches Roll & Milk	Fish & Chips 31 Fries, Cole Slaw Apple Roll & Milk		St. Patrick's Day Special Lunch • March 13 Entertainment by Betsy Scott Chapman <i>Harpist: Irish Celebration</i>	

PEAK Menu | April 2020

* Meals may be substituted due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Special Lunch - April 3 "Celebrating Our Favorite Centenarian" Musical Entertainment by Kevin Galm		Chicken Marsala 1 Wild Rice, Broccoli Sliced Peaches Roll & Milk	Baked Ziti 2 Roasted Vegetables Mixed Fruit Roll & Milk	Special Lunch 3 Celebrating our Favorite Centenarian Entertainment by Kevin Galm
Chickpea Curry 6 Brown Rice Sliced Peaches Roll & Milk	Asian Pork Loin 7 Herb Rice, Corn Mandarin Oranges Roll & Milk	Sausage with 8 Pepper & Onions Roasted Potatoes, Snap Peas, Apple & Milk	Grilled Cheese 9 Tomato Soup, Mixed Vegetables Apple & Milk	Baked Haddock w/ 10 White Wine Tomato Sauce Garden Rice Green Beans, Mixed Fruit & Milk
Italian Chicken Stew 13 Vegetables Sliced Peaches Roll & Milk	Pineapple Chicken 14 Brown Rice, Broccoli Mandarin Oranges Roll & Milk	Pierogies with 15 Onions & Mushrooms Corn, Apple Roll & Milk	Paprika Chicken 16 Green Beans Herb Rice, Mixed Fruit Roll & Milk	Grilled Salmon 17 Spanish Rice Snap Peas. Roll Mixed Fruit & Milk
Low Carb Beef Stew 20 Vegetables Sliced Peaches Roll & Milk	Chicken 21 Parmesan Mixed Vegetables Mandarin Oranges Roll & Milk	Meatloaf with 22 Mushroom Gravy Garlic Mashed Potatoes, Green Beans Apple, Roll & Milk	Pulled Pork 23 Brown Rice Three Bean Salad Apple Roll & Milk	Baked Haddock 24 w/Tomato Compote Wild Rice, Mixed Fruit Roll & Milk
Ground Beef 27 Stroganoff Mixed Vegetables Sliced Peaches Roll & Milk	Eggplant Parmesan 28 Mixed Vegetables Mandarin Oranges Roll & Milk	Chicken Marsala 29 Wild Rice, Broccoli Sliced Peaches Roll & Milk	Baked Ziti 30 Roasted Vegetables Mixed Fruit Roll & Milk	