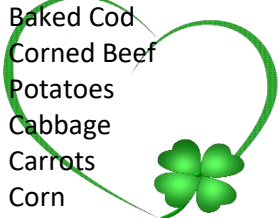


RAMC Sunshine Café Monthly Menu

March 2023

Please note: Soup available every day

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pulled Pork Sandwich Tuna Noodle Casserole Sweet Potato Fries Onion Rings Mix Veggies/Broccoli	2 Roast Beef Chicken on Pretzel Roll with Red Pepper Jam Buttered Baby Reds Curly French Fries Spinach w/Mushrooms Carrots	3 Salmon Grilled Cheese Cous Cous Baked Potato Vegetable Blend Brussel Sprouts
6 Tater Tot Casserole Gnocchi Pepperonata Cheesy Garlic Bread Baked Potato Chips Green Beans California Blend	7 Chicken Breast w/Bacon/Mushroom Gravy Chicken Flatbread Sand. Baked Sweet Potato Spanish Rice Corn/Broccoli	8 Lasagna Grilled Caprese Sandwich Bread Stick Garlic Parmesan Tots Malibu Blend Carrots	9 Chicken Kiev Turkey Fouseburger Mash Potatoes/Gravy Curly Fries Capri Veg or Peas	10 Shrimp Scampi Loaded Potato Casserole Ranch Wedges Rice Pilaf Moon Blend Caribbean Blend
13 Fish Slider Beef Stew Biscuit Curly Fries Cauliflower or Capri Blend	14 BBQ Chicken Sandwich Topped with French's Onions Sliced Ham Corn Bread Baked Beans Broccoli or Beets	15 Salisbury Steak Ham, Spinach, Swiss Quiche Mash Potatoes/Gravy Garlic Herb Pasta Baby Carrots Garlic Mushrooms	16 Chicken Florentine Italian Beef Penne Oven Fried Chips Peas Cauliflower	17 Baked Cod Corned Beef Potatoes Cabbage Carrots Corn 
20 Roasted Turkey Breast Reuben Sandwich Oven Fried Pot. Chips Baked Sweet Potato Mix Veggie/Snap Peas	21 Baked Chicken Quarter Barbecue Ribs Baked Beans Mash Potatoes/Gravy Squash or Corn	22 Pizza Cheeseburger French Fries Garlic Herb Crimini Mushrooms Mix Veggie/Zucchini	23 Meatloaf Manicotti Bread Stick Mash Potato/Gravy Broccoli Edamame w/Garlic	24 Potato Crusted Cod Roast Pork Roasted Red Potatoes Spaetzle Mix Veggie/Carrots
27 Chicken Parmesan Fish Taco with Fire Cracker Coleslaw Penne Brown/Wild Rice Green Beans/Mix Veg.	28 Swedish Meatballs Chicken Tenders Egg Noodles Oven Fries Cauliflower or Peas	29 Pulled Pork Sandwich Tuna Noodle Casserole Sweet Potato Fries Onion Rings Mix Veggies/Broccoli	30 Roast Beef Chicken on Pretzel Roll with Red Pepper Jam Buttered Baby Reds Curly French Fries Spinach w/Mushrooms Carrots	31 Salmon Grilled Cheese Cous Cous Baked Potato Vegetable Blend Brussel Sprouts