



Augustana Regent
at Burnsville

Dinner Menu
March 15 – 21, 2010

Monday, March 15

Vegetable Soup
Beef Stir Fry
Rice
or
Almond Crusted Chicken ♥
Fresh Sweet Potato ♥
Peas or Cauliflower
Fruits of the Forest Pie

Tuesday, March 16

Cream of Broccoli Soup
Chili
Giant Corn Muffin
or
Red Snapper ♥
Roasted Potatoes ♥
Green Beans or Carrots
Tapioca Pudding

Wednesday, March 17 ♣

St. Patrick's Day
Beef and Cabbage Soup
Kielbasa
Fried Potato
Or
Spinach Artichoke Chicken ♥
Baked Potato (LS)
Wax Beans or Broccoli
Chocolate Layer Cake

Thursday, March 18

Beer Cheese Soup
Joe's Sour Cream
& Noodle Bake
or
Oriental Chicken Salad
♥Rutabaga or Asparagus
Assorted Desserts

Friday, March 19

Turkey Noodle Soup
Old Fashioned Pot Roast ♥
Roasted Potatoes and Carrots ♥
or
Cheese Manicotti
Marinara Sauce
Sugar Snap Peas or Beets
Bread Pudding

Saturday, March 20

Chicken Wild Rice Soup
Boneless Breaded Pork Chop ♥
Sweet Potato Fries
or
Pepperoni Pizza
California Blend or Peas &
Carrots
Peach Pie

Sunday, March 21

Tortellini Soup
Lemon Cod ♥
Baked Potato ♥
or
BBQ Ribs
Baked Beans
Corn or Zucchini
Butterscotch Tart

♥= Low Sodium