







	3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023
	Warm Blueberry Muffin Hard Boiled Egg Fresh Fruit	Bagel, Egg and Cheese Sandwich Fresh Fruit	Hot Cinnamon Oatmeal w/Raisins	Breakfast Pizza, Egg, Cheese, Turkey Sausage Fresh Fruit	Glazed French Toast w/ Strawberry Compote
	Homemade Cheese Lasagna Oven Roasted Broccoli Parmesan Bread Stick Fresh Fruit	Tex-Mex Chicken Bowl Spanish Rice Pinto Beans Fresh Toppings Fresh Pineapple	Homemade Meatloaf, Mashed Potatoes, Seasoned Peas and Carrots Dinner Roll Warm Baked Apples	Orange Chicken Steamed Rice Roasted Peppers, Onions, Pineapple Fresh Fruit	Homemade Cheese Pizza Fresh carrots and Hummus Fresh Grapes
	Garden Salad	BBQ Chicken Salad	Garden Salad	Turkey & Cheese	Chicken Caesar Salad
	Grilled Cheese Sandwich	All American Cheeseburger	Popcorn Chicken Bites	Cheese-Filled Bread Sticks with Marinara	Grilled Chicken Sandwich
	Ranch Chicken Wrap with Cheddar Cheese	Turkey and Cheese Bagel Sandwich	Veggie and Hummus Wrap	BBQ Chicken Wrap	Sun Butter and Jelly Sandwich
	<p>Daily Choice of: Romaine, Spring Mix, Spinach Assorted Toppings: Cucumbers, Onions, Tomatoes, Peppers, Snap Peas Fresh Daily Assorted Fruits</p>				



Contact your Chef Resident Director, Mark Jacobs at 216-295-4342 or at [Jacobs\\_m@shaker.org](mailto:Jacobs_m@shaker.org)

