

# March 2010 Menu - Terry Fox

Dancy Catering abides by the "Zero" Trans Fat Guidelines



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>SPRING BREAK</b>	2 <b>SPRING BREAK</b>	3 <b>SPRING BREAK</b>	4 <b>SPRING BREAK</b>	5 <b>SPRING BREAK</b>
8 <b><u>Dancy's Variety Day</u></b> 1) Boneless baby back ribs served with salad & rice 2) Baked salmon filet served with rice & salad  Dessert: Yogurt	9 <b><u>Dancy's Variety Day</u></b> 1) Chicken strips (lightly breaded) served with veggies & dip 2) Mild chili & pita chips  Dessert: Granola bar	10 <b><u>Dancy's Variety Day</u></b> 1) Hamburger served with side salad 2) Large chicken caesar salad with a bun  Dessert: Cookie	11 <b><u>Dancy's Variety Day</u></b> 1) Pasta meat balls with garlic bread 2) Italian pizza with veggies & dip  Dessert: Jell-O	12 <b><u>Litterless Friday</u></b> 1) Cheese pizza served with salad 2) Ham & cheese panini with salad  Dessert: Fruit
15 <b><u>Dancy's Variety Day</u></b> 1) Sheppards pie served with side salad 2) Large cobb salad (salad, tomatoe, cucumber, ham & cheddar)  Dessert: Yogurt	16 <b><u>Dancy's Variety Day</u></b> 1) Beef burrito served with pita chips 2) Grilled chicken burger with side salad  Dessert: Rice crispy treat	17 <b><u>Dancy's Variety Day</u></b> 1) Veal parmegiana served with side salad 2) Large multicolored pasta salad (carrots, cucumbers, shallots, cheese)  Dessert: Cookie	18 <b><u>Dancy's Variety Day</u></b> 1) Chicken brochette served with rice, tzatziki & salad 2) Large greek salad (tomatoes, cucumber, feta & olives) with spinach pie  Dessert: Muffin	19 <b><u>Litterless Friday</u></b> 1) Chicken burger served with coleslaw 2) Pastrami on rye bread with dill pickle & creamy cole slaw  Dessert: Fruit
22 <b>PED DAY</b>	23 <b><u>Dancy's Variety Day</u></b> 1) Grilled cheeseburger served with salad 2) Whole wheat turkey wrap with side salad  Dessert: Granola bar	24 <b><u>Dancy's Variety Day</u></b> 1) Chicken nuggets served with rice & veggies 2) Mortadella (light) panini served with veggies & dip  Dessert: Cookie	25 <b><u>Dancy's Variety Day</u></b> 1) Pasta with rose sauce and garlic bread 2) Rosemary garlic pizza (white pizza) with veggies & dip  Dessert: Jell-O	26 <b><u>Litterless Friday</u></b> 1) Cheese pizza served with salad 2) Bagel cream cheese with side salad  Dessert: Fruit
29 <b><u>Dancy's Variety Day</u></b> 1) Lasagna served with side salad 2) Chicken Caesar wrap (whole wheat) served with chicken noodle soup  Dessert: Yogurt	30 <b><u>Dancy's Variety Day</u></b> 1) Chicken strips (lightly breaded) served with veggies & dip 2) Mild chili & pita chips  Dessert: Rice crispy treat	31 <b><u>Dancy's Brunch Day</u></b> 1) Pancakes served with fruit and cheese stick 2) Multigrain cereal (Cheerios) served with berries, mini muffin & cheese  Dessert: Cookie		