

# March 2023 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
<p><i>Enjoy our new menu at Eat Well Café Open 11–1:00 Weekdays Sara Steinman, Café Manager John Bleil, Chef</i></p>		<p>1 Chicken a la Ritz - Stuffed Pasta</p>	<p>2 Beef Stroganoff - Pork Marsala</p>	<p>3 Chile Rellenos - Parmesan Crusted Fish</p>
<p>6 Falafel with Pitas - Pork Cacciatore</p>	<p>7 Oven-Fried Chicken - Tilapia Scampi</p>	<p>8 Beef Fajitas - Eggplant Parmesan</p>	<p>9 Bangers and Mash - Chicken &amp; Dumplings</p>	<p>10 BBQ Shrimp with Creamy Risotto - Hamburger Steak w/ Mushroom Sauce</p>
<p>13 Chef John's Lasagna - Topped Cod</p>	<p>14 Vegetarian Chili - Honey Mustard Pork</p>	<p>15 Lemon-Butter Swai - Chicken Tikki Masala</p>	<p>16 Chicken Pot Pie - Pasta with Lentil &amp; Walnut Sauce</p>	<p><b>ST. PATRICK'S DAY</b> 17 Corned Beef &amp; Cabbage</p>
<p>20 Charred Vegetable Ratatouille - Cuban Pork Loin</p>	<p>21 Roasted Garlic Breaded Cod - Chicken Tetrazzini</p>	<p>22 Pasta Bolognese - Bacon Cheeseburger Bake</p>	<p>23 Pork with Cherry Glacé - Vegetarian Penne Bake</p>	<p>24 Roasted Chicken - Herb Crusted Tilapia</p>
<p>27 Chicken Fricassée - Beef Pepper Steak</p>	<p>28 Pan-Seared Sole - Cranberry Glaze Pork Roast</p>	<p>29 Moroccan Beef Stew - Vegetarian Lasagna</p>	<p>30 Gnocchi w/Tomato- Basil Sauce - Chicken Fried Chicken</p>	<p>31 Butter-Sage Pork Loin - Jambalaya</p>