



# Lunch menu

## March 2019

Mon	Tues	Wed	Thur	Fri
				Lemon baked fish with tartar sauce Grits Okra and tomatoes Coleslaw Fresh fruit Beverage <b>1</b>
Pepper steak with gravy Assorted vegetables Broccoli Mashed potatoes Apple Beverage <b>4</b>	Chicken and rice casserole Sliced carrots Green beans Gelatin with fruit Beverage <b>5</b>	Smoked sausage with peppers and onions English peas Rice Tossed salad with dressing Fresh orange Beverage <b>6</b>	Pot roast au jus Mashed potatoes Steamed broccoli Whole wheat roll Fresh fruit Beverage <b>7</b>	BBQ chicken Black-eyed peas Collard greens Corn muffin with margarine Oatmeal raisin cookie Beverage <b>8</b>
BBQ riblet sandwich on hoagie roll Sweet peas Potato wedges Diced peaches Beverage <b>11</b>	Chicken fricasse Pickled beets Cabbage Brown rice Fresh fruit Beverage <b>12</b>	Spaghetti and meat sauce Whole kernel corn Tossed salad with Italian dressing Cinnamon baked apples Beverage <b>13</b>	Lemon pepper fish Stewed tomatoes Coleslaw Grits with gravy Pound cake Beverage <b>14</b>	Oven baked chicken with gravy Mustard greens Yam patty Yellow rice Gelatin with fruit Beverage <b>15</b>
Beef noodle casserole Lima beans Sliced carrots Fresh fruit Beverage <b>18</b>	Oven baked chicken with gravy Pickled beets Green beans Yellow rice Diced peaches Beverage <b>19</b>	BBQ pork chops Cabbage Black-eyed peas Dinner roll Oatmeal cream cookie Beverage <b>20</b>	Chili with beans Broccoli Tossed salad with dressing Corn muffin Apple cobbler Beverage <b>21</b>	Honey glazed chicken Roasted potatoes Vegetable medley Whole wheat roll with margarine Fresh fruit Beverage <b>22</b>
Baked ham Southern greens Whole and creamed corn Whole wheat roll Oatmeal cream cookie Beverage <b>25</b>	Smothered pork chop Broccoli Winter squash Mashed potatoes Fruit cup Beverage <b>26</b>	Hamburger on whole wheat bun Lettuce, tomato, onion, mayo, ketchup, mustard Baked beans Apple crisp Beverage <b>27</b>	Oven baked chicken with mushroom gravy Yellow rice English peas Tossed salad with dressing Pineapple tidbits Beverage <b>28</b>	Lemon baked fish with tartar sauce Grits Okra and tomatoes Coleslaw Fresh fruit Beverage <b>29</b>

\*Menu subject to market availability

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