

Monday

Tuesday

Wednesday

Thursday

Friday

March 2019

Please call the senior center coordinator or meal manager
48 hours in advance to reserve meal.

				
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4	5	6	7	8
Spaghetti & Meatballs Romano Blend Veggies Mandarin Oranges Moroccan Chickpea Barley Salad WG White Wheat Bread	Venetian Chicken Breast w/Tarragon Shallot Sces Red Skin Potatoes Wax/Green Bean Medley WG White Wheat Bread Cinnamon Applesauce	Open Face Turkey Sandwich w/Gravy WG White Wheat Bread Mashed Potatoes & Beets Copper Pennies Fruit Cup	Beef Stroganoff WG Buttered Noodles Mixed Vegetables Tropical Fruit WG White Wheat Bread Cookies	Multi Bean Soup Curried Chicken, Pineapple & Raisin Salad Dilled Baby Carrots WG White Wheat Bread Hot Cinnamon Apples
11	12	13	14	15
Meatloaf w/Gravy Garlic Mashed Potatoes Peas & Pearl Onions Mandarin Oranges WG White Wheat Bread	Pulled Pork BBQ WG Sandwich Bun Midwest Baked Beans Cole Slaw Pineapple Tidbits	Chicken Cacciatore Brown Rice Pilaf Romano Blend Veggies Diced Peaches WG White Wheat Bread	Corned Beef Red Skin Potatoes Steamed Cabbage Copper Pennies Corn Muffin Sheet Cake	Roast Turkey w/Gravy Mashed Potatoes Mixed Vegetables Fruit Cup WG White Wheat Bread
18	19	20	21	22
Hearty Beef & Veg Stew WG White/Wheat Roll Chilled Pears Cookies	Tomato Soup Old Bay Grilled Chicken Breast Sandwich WG Sandwich Roll Lettuce & Tom Garnish Pepper Slaw Sliced Apple Snack PK	Baked Pork Chop Sces Braised Cabbage Scalloped Potatoes WG White Wheat Bread Fruit Cocktail	Chicken Marbella Yellow Rice Pilaf Green Beans Fruit Cup WG White Wheat Bread Fruited Yogurt w/Topping	Baked Potato Spinach Sld w/Tomato Chili con Carne Topping Garnish's Applesauce Wheat Bread
25	26	27	28	29
Tomato Soup Grilled Chicken & Pasta Salad w/Baby Spinach WG Corn Muffin Mandarin Oranges Butterscotch Pudding	Italian Cold Cut Sub Provolone Cheese Club Roll, Lettuce & Tom Garnish Potato Salad, Cole slaw Fruit Cocktail	Pot Roast of Beef w/Tomato Gravy Stew Cut Vegetables Red Skin Potatoes WG White Wheat Bread Mandarin Oranges	Chicken Fajitas Chix strips w/Peppers WG Tortilla Pico De Gallo Fiesta Black Beans Cucumber Salad Cookies	Maple Glazed Baked Ham Seasoned Green Beans WG Mac & Cheese Broccoli Slaw WG White Wheat Bread Fruited Yogurt w/Topping

--menu subject to change--

--Milk and Juice are served with every meal--