



Jacobs Senior Center 801-785-2818

March 2023

Alternate Meal Schedule (Senior Center Lunches Only)

Turkey Sandwich with Soup: Mar 1-3 Chicken Noodle Mar 13-14 Cream of Potato	Mar 15-17 Vegetable Beef Mar 27-28 Chicken Noodle Mar 29-31 Cream of Broccoli	Salad: Mar 6-10 Mar 20-24
---	---	---------------------------------

Monday	Tuesday	Wednesday	Thursday	Friday
Low fat milk (12) is provided with each meal Number in parentheses represent carbohydrate count	Suggested donation \$3/meal Menu subject to change	1 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Steamed Broccoli (04) Fresh Baked Roll (16) Red Apples (22)	2 Smoked Ham and White Beans (03) Braised Cabbage (03) Sweetened Apple Sauce (14) Fresh Baked Roll (16)	3 Three Bean Beef Chili (25) Seasoned California Blend Vegetables (18) Cornbread (28) Diced Peaches (19)
6 Swedish Meatballs (39) Rice (21) Carrots (06) Orange (22) Garden Green Salad (02) Apple Crisp (67)	7 Cheesy Italian Sausage Pasta Bake (19) Seasoned Green Beans (02) Apple Sauce (14) Fresh Garlic Roll (15) Cookie Bar (23)	8 Kalua Pork (00) Hawaiian Rice (25) Black Beans (14) Pineapple Tidbits (07) Fresh Baked Roll (15)	9 Roasted Lemon Pepper Chicken (10) Herb Mashed Potatoes and Gravy (26) Seasoned Peas (11) Fresh Baked Roll (16) Applesauce (19)	10 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Fruit (14-22)
13 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)	14 Oven Roasted Pork (00) Loaded Mashed Potatoes (15) Diced Beets (06) Mandarin Oranges (19) Fresh Baked Roll (16) Cookie Bar (18)	15 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	16 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	17 Corn Beef and Cabbage (25) Braised Potatoes and Carrots (15) Green Jell-O and Fruit (10) Fresh Baked Cookie (18)
20 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Diced Pears (19) Mixed Vegetables (12) Fresh Baked Roll (15)	21 Egg, Sausage, and Cheese Breakfast Burrito (16) Tater Tots (18) Apple Crisp (67)	22 Shepherd's Pie (79) Seasoned Peas (11) Cottage Cheese & Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)	23 Cold Cut Subs Honey Cured Ham, Roasted Turkey with Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit (13)	24 Garlic Roasted Beef Round (00) Herb Roasted Potatoes (15) Peas (11) Diced Peaches (8) Fresh Baked Roll (16)
27 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (22)	28 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Diced Peaches (19) Garden Green Salad (02)	29 Sloppy Joe (03) Fresh Baked Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Applesauce (14)	30 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)	31 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (07) Coconut Flakes, Cheese, Chow Mein Noodles (24)