

Menu subject to change
Suggested donation \$3/meal
planning to eat with us

Monday	Tuesday	Wednesday	Thursday	Friday
Alternate Meal Schedule (Senior Center Lunches Only)			Number in parentheses represent carbohydrate count Low fat milk (12) is provided with each meal	1 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)
<u>Turkey Sandwich with Soup:</u> Mar 1 Chicken Noodle Mar 11-12 Cream of Potato Mar 13-15 Vegetable Beef	Mar 25-26 Chicken Noodle Mar 27-29 Cream of Broccoli	<u>Salad:</u> Mar 4-8 Mar 18-22		
4 Swedish Meatballs (39) Rice (21) Broccoli (04) Orange (22) Fresh Baked Roll (16) Cookie Bar (18)	5 Smoked Ham and White Beans (03) Braised Cabbage (03) Sweetened Apple Sauce (14) Fresh Baked Roll (16)	6 Kalua Pork (00) Hawaiian Rice (25) Black Beans (14) Pineapple Tidbits (07) Fresh Baked Roll (15)	7 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	8 Sloppy Joe (03) Fresh Baked Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Applesauce (14)
11 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)	12 Oven Roasted Pork (00) Loaded Mashed Potatoes (15) Diced Beets (06) Mandarin Oranges (19) Fresh Baked Roll (16) Cookie Bar (18)	13 Cheesy Italian Sausage Pasta Bake (19) Broccoli (06) Apple Sauce (14) Fresh Garlic Roll (15) Cookie Bar (23)	14 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Green Beans (02) Fresh Baked Roll (15) Fruit Cocktail (28)	15 Corn Beef and Cabbage (25) Braised Potatoes and Carrots (15) Green Jell-O and Fruit (10) Fresh Baked Cookie (18)
18 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)	19 Egg, Sausage, and Cheese Breakfast Burrito (16) Tater Tots (18) Salsa (02) Apple Crisp (67)	20 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	21 Cold Cut Subs Honey Cured Ham, Roasted Turkey with Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit (13)	22 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (19) Fresh Baked Roll (16)
25 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Green Beans (02) Fruit Fluff with Cottage Cheese (28) Fresh Baked Roll (15)	26 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (07) Coconut Flakes, Cheese, Chow Mein Noodles (24)	27 Shepherd's Pie (79) Diced Carrots (06) Pears (12) Garden Green Salad (02) Chocolate Brownie (23)	28 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	29 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)