



# MARCH 2020

## Alternate Meal Schedule (Senior Center lunches only)

March 2-6 Salad  
 March 9-10 Chicken Noodle Soup with Turkey Sandwich  
 March 11-13 Cream of Potato Soup with Turkey Sandwich  
 March 16-20 Salad  
 March 23-24 Vegetable Beef Soup with Turkey Sandwich  
 March 25-27 Cream of Broccoli Soup with Turkey Sandwich  
 March 30-April 3 Salad

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 Smoked Ham and White Beans(25)</b> Braised Cabbage(03) Sweetened Apple Sauce(14) Fresh Baked Roll(16) Chewy Chocolate Brownie(23)	<b>3 Soft Chicken Taco</b> Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Refried Beans and Spanish Rice(56) Mandarin Oranges(11)	<b>4 Malibu Chicken &amp; Honey Mustard Sauce(08)</b> Au Gratin Potatoes(22) Steamed Broccoli(04) Fresh Baked Roll(16) Red Apple(22)	<b>5 Three Bean Beef Chili with Shredded Cheese(25)</b> Seasoned California Blend Vegetables(18) Sliced Peaches(67) Fresh Cornbread(28)	<b>6 Oven Roasted Pork(00)</b> Au Gratin Potatoes(15) Seasoned Diced Beets(06) Mandarin Oranges(11) Fresh Baked Roll(16) Cookie(18)
<b>9 Swedish Meatballs(39)</b> Rice(21) Carrots(06) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)	<b>10 Homemade Meatloaf(3)</b> Garlic Mashed Potatoes and Gravy(26) Steamed Broccoli(4) Fresh Baked Roll(15) Red Apple(22)	<b>11 Rigatoni Pasta with Meat Sauce(25)</b> Seasoned Green Beans(02) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Warm Applesauce(28)	<b>12 Homemade Chicken Pot Pie(40)</b> Fresh Baked Biscuit(25) Sliced Peaches(18) Fresh Baked Brownie(23)	<b>13 Roast Turkey(03)</b> Garlic Mashed Potatoes & Turkey Gravy(26) Crinkle Cut Carrots(06) Fresh Baked Roll(15) Mandarin Oranges(11)
<b>16 Sweet and Sour Chicken(30)</b> Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Apple(12) Fortune Cookie(24)	<b>17 St. Patrick's Day Meal</b> <b>House-made Corned Beef and Cabbage, Braised Potatoes and Carrots(0)</b> Lucky Green Jell-o with Fruit Cocktail(00) Bakery Fresh Cookie(18)	<b>18 National Potato Chip Day Savory Chicken Salad Wrap(18)</b> Italian Pasta Salad(20) Kosher Pickle Spear(0.7) Diced Pears(19) Lay's Potato Chips(00)	<b>19 Ms. Helen's Cheesy Beef Lasagna(19)</b> Seasoned Green Beans(02) Fresh Garlic Bread(15) Warm Cinnamon Apple Sauce(14)	<b>20 Honey Baked Ham(0)</b> Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08)
<b>23 Salisbury Steak(05)</b> Garlic Mashed Potatoes & Gravy(26) Diced Beets(06) Fresh Baked Roll(15) Diced Pears(19)	<b>24 Savory Corn Chowder(22)</b> Seasoned Cut Green Beans(11) Sliced Peaches(18) Fresh Baked Corn Bread(33)	<b>25 Shepherd's Pie(79)</b> Diced Seasoned Carrots(06) Cottage Cheese and Mixed Fruit(12) Jackie's Cake(28)	<b>26 Creamed Chicken Over Steamed White Rice(30)</b> Seasoned California Blend Vegetables(18) Fresh Baked Roll(16) Fresh Orange(22) Chocolate Chip Cookie Bar(15)	<b>27 Garlic Roasted Beef(0)</b> Herb Roasted Potatoes(15) & Gravy(10) Seasoned Peas(11) Diced Peaches(19) Fresh Baked Roll(16)
<b>30 Country Fried Steak(4)</b> Mashed Potatoes & Country Gravy(26) Seasoned Mixed Vegetables(12) Diced Pears(22) Fresh Baked Roll(15)	<b>31 Three Cheese Tortellini with Meat Sauce(28)</b> Garden Green Salad(02) Sliced Carrots(06) Cinnamon Apple Crisp(67) Fresh Baked Roll(15)	<b>Suggested donation \$3/meal</b>  Menu subject to change	Low fat milk (12) is provided with each meal  Numbers in parentheses represent carbohydrate count	