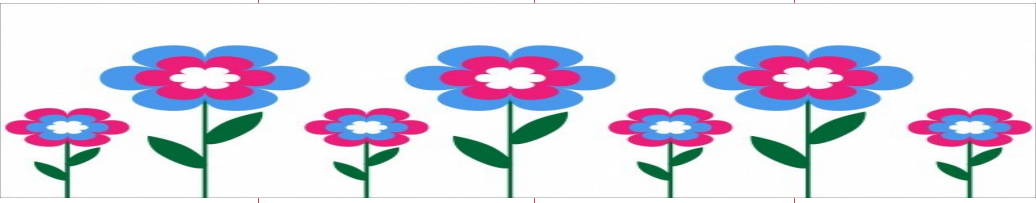






March 2019 —Area Senior Center Menu

Lunch served at 11:30 am to 12:30 pm Monday through Friday

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Spaghetti w/meatballs Antiqua Vegetables Buttered Corn Garlic Roll Grapes	2
**All meals served with coffee/tea/milk 3	4 Sausage Patties & Gravy Oven Hash Browns Orange Juice Biscuit Mixed Fruit	5 Sloppy Joe on Bun Macaroni & Cheese Corn Juice Rosy Applesauce	6 Vegetable Beef Stew Tossed Salad Tomato Juice Cornbread Apple Crisp	7 Open Faced Turkey Sandwich W/gravy Mashed Potatoes Green Beans Sliced Peaches Sherbet	8 Cook' s Choice 	9
10	11 Sweet & Sour Chicken Rice Oriental Vegetables Egg Roll Mandarin Oranges	12 Goulash California Blend Vegetables Zucchini & Tomatoes Cornbread Cinnamon Applesauce	13 Ham & Cheese Sandwich w/lettuce & tomato Baked Beans Roasted Pasta & Vegetables Tomato Juice Peaches	14 Taco Salad, Meat, Cheese, Beans Lettuce & Tomatoes Pineapple Tostito Chips Pudding w/topping	15 Sliced Ham & Cabbage Sliced Carrots Green Beans Cornbread Sliced Peaches	
	18 Hot dog w/chili & cheese Peppered French Fries Baked Beans Apple Juice Fruit	19 Potato Soup & Chef Salad Tomato Juice Tropical Fruit Salad Crackers Chocolate Chip Cookie	20 Hamburger Steak w/ gravy Scalloped Potatoes Carrots Wheat Roll Banana	21 Birthday/Ann. Oven Fried Chicken Mashed Potatoes w/ gravy Buttered Peas Wheat Roll Birthday Cake w/fruit	22 Cook's Choice 	23
24	25 Spaghetti w/meat Sauce Antiqua Vegetables Buttered Corn Garlic Roll Grapes	26 Beef & Noodles Mashed Potatoes Green Beans Wheat Roll Mandarin Oranges	27 Baked Chicken Sliced Carrots Buttered Peas Wheat Roll Mixed Fruit	28 Lasagna Dark Green Leafy Salad Winter Mix Vegetables Garlic Roll Pears	29 Ham & Beans Seasoned Spinach Oven Hash Browns Cornbread Rosy Applesauce	30