



Mon	Tue	Wed	Thu	Fri
2 Scrambled Eggs & Ham Hash Browns Orange Juice Fresh Fruit	3 Tator Tot Casserole Mixed Vegetables Escaloped Apples	4 Swedish Meatballs Baked Potato Cream Corn Fruit Cup	5 Breaded Chicken Breast Macaroni & Cheese Carrot Sticks & Dip Fruited Pudding	6 Alfredo Vegetable Lasagna Garlic Breadstick Sliced Peaches Dessert
9 Chicken Breast Sour Cream & Chive Potatoes Carrots Sliced Pears	10 Spaghetti w/Meat Sauce Italian Vegetables Garlic Bread Grapes	11 Liver & Onions OR Beef Steak (Pick one meat) Mashed Potatoes Green Beans Fruit Cocktail	12 Dinner Frank Cheesy Hash Browns Peas Banana Crème Pie	13 Tuna Sandwich Cream of Potato Soup Broccoli Salad Apple
16 Salisbury Steak Sour Cream & Chive Potatoes Sweet Peas Tropical Fruit	17 Limit one meal today St. Patrick's Day Corned Beef & Cabbage Baby Carrots Red Potatoes Pistachio Dessert 	18 Chop Suey over Rice Oriental Vegetables Oriental Coleslaw Mandarin Oranges	19 Goulash Corn Garden Salad Pineapple Tidbits	20 Baked Salmon w/Dill Sauce Rice Pilaf Brussel Sprouts Warm Cinnamon Peaches
23 Pork Cutlet w/White Gravy Sliced Potatoes Monte Carlo Vegetables Diced Pears	24 Beef Stroganoff Peas Coleslaw Peach Crisp	25 Hot Turkey Roll Up Mashed Potatoes Green Beans Cranberry Cake	26 Pasty Coleslaw Strawberry Fluff	27 Breaded Fish Sandwich Oven Potatoes Baked Beans Lemon Pudding
30 Chicken Parmesan w/ Marinara Sauce over Pasta Vegetable Blend Apricots	31 Roast Beef Mashed Potatoes w/Gravy Carrots Pineapple Upside Down Cake		This menu is for all our senior centers. Call your senior center with questions/ comments. <i>Subject to change</i>	

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1
Pork Stew
Coleslaw
Biscuit
Lemon Bar

2
Beef Fritter w/White Sauce
Au Gratin Potatoes
Green Beans
Fruit Cup

3
Baked Chicken
Oven Potato
Key Largo Vegetables
Apple Cobbler

6
Cube Steak w/Gravy
Mashed Potatoes
Country Trio Vegetables
Tropical Fruit

7
BBQ Chicken Breast
Sour Cream/Chive Potatoes
Brussel Sprouts
Mandarin Oranges

8
Ham
Sweet Potatoes
California Blend Vegetables
Dinner Roll
Dessert



9
Turkey Broccoli Casserole
Baby Carrots
Warm Cinnamon Apples

10
Baked Fish
Oven Potatoes
Caesar Salad
Garlic Bread
Fruit Cup

13
Cabbage Casserole
Mixed Vegetables
French Bread
Diced Peaches

14
Pork Chop
Mashed Potatoes w/Gravy
Monte Carlo Vegetables
Applesauce

15
Bourbon Steak
Coconut Rice
Green Beans
Garden Salad
Fruit

16
Beef Tips over Noodles
Diced Beets
Broccoli
Fruit Crisp

17
Chicken Alfredo w/Noodles
Salad
Peas
Fruit Whip

20
Tater Tot Casserole
Peas & Carrots
Mandarin Oranges

21
Polish Sausage w/Kraut
Boiled Potatoes
Creamed Corn
Fruit Cup

22
Cheesy Chicken Penne
Casserole
Broccoli
Fruit

23
Chili
Coleslaw
Corn Bread
Fruited Jell-O

24
Sweet & Sour Pork w/Rice
Oriental Vegetables
Oriental Coleslaw
Brownie

27
Swiss Steak over Rice
Cauliflower
Garden Salad
Diced Pears

28
Meatballs
Mashed Potatoes
Corn
Peach Quick Cake

29
Pork Roast w/Cranberry
Glaze
Mashed Potatoes w/Gravy
Glazed Carrots
Dinner Roll; Dessert

30
Salsa Chicken
Spanish Rice
Capri Mix Vegetables
Pineapple

Subject to change

