

MARCH MENU

GLADSTONE SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> 		<p>1 Sloppy Joe on a Bun Macaroni & Cheese Carrot Sticks & Dip Fruited Pudding</p>	<p>2 Scrambled Eggs with Ham Slice Hash Brown Potatoes Orange Juice Sweet Roll Fresh Fruit</p>	
<p>5 Chicken Breast Mashed Potatoes Carrots Pears</p>	<p>6 Meatloaf Baked Potato Cream Corn Fruit Cup</p>	<p>7 Chop Suey over Rice Oriental Veggies Oriental Coleslaw Mandarin Oranges</p>	<p>8 Bratwurst w Kraut on a Bun Baked Beans Cheesy Hash Browns Banana</p>	<p>9 Tuna Sandwich Cream of Potato Soup Fresh Vegetables Apple</p>
<p>12 Salisbury Steak Sour Cream & Chive Potatoes Sweet Peas Tropical Fruit</p>	<p>13 Tator Tot Casserole Dinner Roll Mixed Vegetables Escaloped Peaches</p>	<p>14 Hot Turkey Roll-Up Mashed Potatoes Green Beans Cranberry Jell-O</p>	<p>15 Goulash Corn Garden Salad Fruit</p>	<p>16 Corned Beef & Cabbage Baby Carrots Red Potatoes Pistachio Dessert</p>
<p>19 Pork Cutlet Boiled Potatoes Monte Carlo Vegetables Pears</p>	<p>20 Beef Tips over Noodles Harvard Beets Coleslaw Peach Cobbler</p>	<p>21 Cube Steak & Onions Mashed Potatoes Green Beans Fruit</p>	<p>22 Chicken & Broccoli Casserole Tossed Salad Grape Dessert</p>	<p>23 Breaded Fish Sandwich Oven Potatoes Calico Beans Tropical Fruit</p>
<p>26 Beef Parmesan over Pasta Vegetable Blend Cole Slaw Garlic Bread Apricots</p>	<p>27 Pasties Coleslaw Fruited Pudding</p>	<p>28 Baked Ham Sweet Potatoes California Blend Veg Pineapple Tidbits Easter Dessert</p>	<p>29 Spaghetti with Meat Sauce Italian Veggies Garlic Breadstick Fruit Crisp</p>	<p>30 Baked Salmon with Dill Sauce Rice Pilaf Baby Carrots Broccoli Salad Peach Dump Cake</p>

[HOW DO I GET TO THE SENIOR CENTER?](#)

[EMAIL THE CENTER](#)

WEEKLY ACTIVITIES: **GLADSTONE 428-2201**

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon. Painting, 12:30 p.m.

Every Tuesday, Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.

Every Wednesday, Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.

Every Thursday, Tai Chi, 10-11 a.m. Hand & Foot, 12:30 p.m. Center Bingo, 1-4 p.m.

Every Friday, Line Dancing (beginners), 9:30-11 a.m. Line Dancing (regular).

OTHER ACTIVITIES:

Dr. Seuss Brunch, March 2, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). OSF Advanced Care Planning, March 6, 10-11:30 a.m. Monthly Food Distribution, March 7, 8:30-9:30 a.m. TEFAP Food Distribution, March 9, 8:30 to noon. Blood Pressure Screening, March 13, 11 to noon. Foot Clinic, March 21, (by appointment only, call 428-2201). Birthday/Easter Lunch, March 28, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).