

MARCH MENU

ROCK SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p style="text-align: center;">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 CLOSED</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 CLOSED</p>
<p>12 Salisbury Steak Sour Cream & Chive Potatoes Sweet Peas Tropical Fruit</p>	<p>13 Tator Tot Casserole Dinner Roll Mixed Vegetables Escalloped 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 CLOSED</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 CLOSED</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 CLOSED</p>

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

[EMAIL THE CENTER](#)

WEEKLY ACTIVITIES (center closed on Fridays): **ROCK** 356-6420

Every Monday, Dime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Play cards, 10:30 a.m. to 3 p.m.

OTHER ACTIVITIES:

Classic Movie Day (“The Great Escape”), March 6, 2 p.m. Alzheimer’s Presentation, March 7, 11 a.m. TEFAP Food Distribution, March 8, 8 a.m.-1 p.m. Senior Corporation Dance, March 11, 1-5 p.m. Bake sale, March 13, 4-6 p.m. Monthly Food Distribution, March 14, 8 a.m. to 3 p.m. St. Urho and St. Patrick’s Day Party, March 14, noon (call 356-6420 at least one day prior to reserve a seat). Spin the wheel, March 20, 6 p.m. Birthday Party, March 28, noon (call 356-6420 at least one day prior to reserve a seat).