




Senior Lunch Menu

March 2018

Happy
Spring!



Mon	Tue	Wed	Thu	Fri
			1 Meat Lasagna, Tossed Salad w/ dressing, Berry Cup, Brownie	2 Maple Glazed Pork Chop, Potato Fingers, Coleslaw, Fruit Cobbler
5 Beef Piccata, Baked Potato, Cheesy Broccoli & Cauliflower, Birthday Cake	6 Spinach, Mushroom, Cheese Lasagna, Caesar Salad w/dressing, Strawberries w/topping	7 Beef Tips w/ mushroom gravy, Parsley Noodles, Stewed Tomatoes, Fruit Crisp	8 Cheddar Baked Fish, Potato Fingers, Confetti Coleslaw, Peaches, Chocolate Chip Cookie.	9 Cranberry Glazed Pork Roast, Yam Patties, Greens, Citrus Cup/Pound Cake
12 Oven Fried Chicken, Chuckwagon Corn, Stewed Tomatoes, Marble Cake/ Fruit	13 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Strawberries/ Pound Cake	14 Beefy King Casserole, Tossed Salad w/dressing, Peas/ Peanut Butter Cookie	15 Marinated Pork Roast, Pinto Beans, Sweet & Sour Cabbage, Baked Apples/ Chocolate Cookie	16 Turkey Croquette, Parmesan Potatoes, Carrot Coins, Fruit Trifle
19 Meatloaf, Mashed Potatoes/gravy, Cheesy Spinach, Fruit Crisp	20 Tuna Noodle Casserole, Tossed Salad w/dressing, Fruit Cobbler	21 Chicken Rice Casserole, Cauliflower w/red peppers, Brussel Sprouts, Mandarin Oranges/Cake	22 BBQ Beef Platter, Black Eyed Peas, Sliced Zucchini, Peach Cobbler, Cornbread	23 Teriyaki Chicken, Brown Rice, Green Beans, Poke Cake
26 Lemon Pepper Turkey, Sage Bread Dressing, Green Peas, Fruit Crisp	27 Cornflake Chicken, DelMonico Potatoes, Coleslaw, Brownie	28 Salisbury Steak, Mashed Potatoes/ gravy, Cheesy Broccoli, Fresh fruit	29 Glazed Ham, Whipped Sweet Potatoes, Lima Beans, Hawaiian Cup, Sugar cookie	30 CENTER CLOSED HOLIDAY

Healthy Tip of the Month

Explore New Foods and Flavors, add more nutrition and eating pleasure by expanding your range of food choices. When shopping make a point of selecting fruit, vegetable or whole grain that's new to you and your family. Try different versions of familiar food like blue potatoes, red leaf lettuce or basmati rice.

All Meals are served with a choice of 2% or Skim Milk, and a Dinner Roll.