

CENTER FOR SENIOR ACTIVITIES—MARCH 2010 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Marsala Rice Pilaf Jardiniere Vegetable Blend Tossed Salad Pineapple Chunks	Stuffed Pepper Garlic Mashed Potatoes Italian Mixed Vegetables Field Greens Pudding	Beef Stew w/Biscuit Tuscany Blend Vegetables Beet Salad Orange	Lentil Soup Vegetable Lasagna Chopped Spinach Tomato Salad Birthday Cake	Shrimp Creole White Rice Asparagus Tips Tossed Salad Honeydew Melon
8	9	10	11	12
Pork Chop Roasted Red Potatoes California Blend Vegetables 3-Bean Salad Apple Pie	Hunter Chicken Brown Rice Broccoli Spinach Salad Honeydew Melon	Roast Turkey Baked Sweet Potato Peas and Onions Green Bean Salad Yogurt	Swedish Meatballs Noodles Scandinavian Vegetables Tossed Green Salad Peaches	Herbed Baked Fish Baked Acorn Squash Cauliflower Caesar Salad Pudding
15	16	17	18	19
Meatloaf w/gravy Whipped Potatoes Fiesta Blend Vegetables Tomato/Cucumber Salad Fruited Jello	Veal Goulash Egg Noodles Mixed Vegetables Spinach Salad Orange	St. Patrick' Day Corned Beef w/Cabbage Boiled Potato Baby Carrots Irish Soda Bread Shamrock Cookie	Pork Loin Potato Pancake Broccoli Applesauce Pear	Vegetable Quiche Home Fries Broccoli Green salad Blueberry Pie
22	23	24	25	26
Baked Chicken Quarter Corn Spinach Cauliflower Salad Peaches	Yankee Pot Roast Mashed Potatoes Zucchini Carrot Raisin Salad Brownie	BBQ Ribs Butternut Squash Country Style Vegetables Beet Salad Mandarin Oranges	Chicken Piccata Wild Rice Broccoli Tomato Salad Apple Crisp	Shrimp Creole White Rice Asparagus Tips Tossed Salad Honeydew Melon
29	30	31		
Swiss Chicken Roasted Potatoes Jardiniere Vegetables Caesar Salad Apple	Beef Burgundy Egg Noodles Baby Belgian Carrots Tomato Salad Cantaloupe	Cheese Ravioli with Meat Sauce Broccoli Three-Bean Salad Sugar-free Pudding		

Soup du jour, Whole Grain Bread, Butter and Skim or 1% Milk served daily

Lunch is served at 12 noon. Reservations are required at least 24 hours in advance--341-5099

Soups are 6 oz. portions, Entrees are 3 oz. portions, Vegetables & Salads are 4 oz. portions, Desserts are 4 oz. portions, Bread is 1 slice each, Milk 8 oz.

***Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**

Suggested Donation: \$4-\$6