






SENIOR LUNCH PROGRAM

March 2017



| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|---|---|---|---|--|--|-----|
|  |  |  | 1 Beefy King Ranch Casserole, Tossed Salad/dressing, Vegetable Medley, Hawaiian Cup | 2 Turkey Croquette, Parmesan Potatoes, Cole-slaw, Fruit Trifle | 3 Beef Tips with mushrooms gravy, Jefferson Noodles, Spinach, Fruit Crisp | 4 |
| 5   | 6 Meatloaf, Fresh Mashed Potatoes, Gravy, Cheesy Spinach, Fruit Salad/Birthday cake | 7 Sliced Glazed Ham, Sweet Potatoes Wedges, Lima Beans, Hawaiian Fruit Cup | 8 Veggie Lasagna, Caesar Salad w/ dressing, Tropical Fruit Salad | 9 BBQ Beef Platter, Soft Pinto Beans, Zucchini Casserole, Fruit Cobbler, Cornbread | 10 Cheddar Baked Fish, Potato Fingers, Calico Coleslaw, Peaches/Chocolate Chip | 11 |
| 12 | 13 Lemon Pepper Turkey, Sage Dressing, Green Peas, Fruit Crisp | 14 BBQ Chicken, Mac & Cheese, Coleslaw, Chocolate Chip / Fruit Cup | 15 Meat Lasagna Tossed Salad/dressing, Peaches/Chocolate Brownie | 16 Chicken Rice Casserole, Corn Obrien, Seasoned Brussel Sprouts, Berry Cup | 17 Breaded Pork Chop w/ gravy, Back-Eye Peas, Greens, Fruit Trifle | 18 |
| 19 | 20 Cranberry Glazed Pork, Yam Patties, Green Beans, Citrus Cup/Pound Cake | 21 Salisbury Steak, Macaroni & Cheese, Cheesy Broccoli & Cauliflower, Fruit Crisp | 22 Maple Glazed Pork Chop, Potato Fingers, Coleslaw, Fruit Cobbler | 23 Beef Stroganoff, White Rice, Carrot Coins, Mandarin Oranges/Chocolate Chip Cookie | 24 Oven Fried Chicken, Chuck wagon Corn, Stewed Tomatoes, Fruit/ Assorted Cake | 25 |
| 26 | 27 Chopped Steak, Mashed Potatoes, gravy, Mixed Vegetables, Peach Cobbler | 28 Lemon Pepper Chicken, Cheesy Spinach, Corn O'Brien, Fruit Trifle | 29 Italian Meat Sauce, Jefferson Noodles, Tossed Salad w/dressing Fruit Salad | 30 Honey Glazed Turkey, Sweet Potato Wedges, Green Beans, Citrus Cup/pound cake | 31 Marinated Pork Roast, Baked Beans, Sweet & Sour Cabbage, P. Butter Cookie | |

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 is 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 Dinner Roll and 2% Milk or Skim Milk

