

# March 2018 Menu

Menu items are subject to change due to availability of food items. Items with \*\* contain pork or pork products.

| Monday  |  |  |  |  | Tuesday   |  | Wednesday   |  | Thursday  |  | Friday   |  |
|---|--|--|--|--|---|--|---|--|---|--|--|--|
| East Valley Adult Resources provides daily lunches to eligible participants Monday through Friday at 11:30am at both of our Active Adult Centers. The suggested contribution is \$3.50 per meal, though no older adult will be denied a meal because of their inability or unwillingness to pay. The Congregate Meal Program provides nutritionally-balanced meals, nutrition education, and nutrition screening to qualified individuals and their spouses, and encourages socialization and better health. Reservations are requested. East Valley Adult Resources, Inc is funded in part by Area Agency on Aging Region One. |  |  |  |  |   |  |   |  | <b>1st</b>  |  | <b>2nd</b>   |  |
|   |  |  |  |  |   |  |   |  | Cheese Tortellini<br>Peas & Onion<br>Yellow Squash<br>Whole Grain Roll<br>Red Apple                               |  | BBQ Chicken Thighs<br>Garlic Mashed Potatoes<br>Brussel Sprouts<br>Whole Grain Roll<br>Sliced Pears  |  |
|   |  |  |  |  | <b>5th</b>  |  | <b>6th</b>  |  | <b>7th</b>  |  | <b>8th</b>   |  |
|   |  |  |  |  | Beef Lasagna<br>Zucchini & Squash<br>Peas w/ Pimentos<br>Whole Grain<br>Breadstick<br>Peaches |  | Quiche w/ Spinach & Mushroom<br>Garden Salad<br>Broccoli<br>Whole Grain Roll<br>Fruited Gelatin                           |  | Herb-Roasted Chicken Breast<br>Baked Potato<br>Chef's Vegetable Blend<br>Whole Grain Roll<br>Mandarin Orange Cake |  | Swedish Meatballs w/ Egg Noodles**<br>Green Beans w/ Mushrooms<br>Bermuda Vegetable Blend<br>Whole Grain Roll<br>Fresh Orange                          |  |
|   |  |  |  |  | <b>9th</b>  |  |   |  |   |  | Open-Face Turkey Sandwich<br>Cranberry Yams<br>Corn w/ Bell Peppers<br>Whole Grain Bread<br>Pudding w/ Fruit   |  |
|   |  |  |  |  | <b>12th</b>   |  | <b>13th</b>   |  | <b>14th</b>   |  | <b>15th</b>  |  |
|   |  |  |  |  | Baked Tilapia<br>Tri-Colored Cauliflower<br>Brown Rice Pilaf<br>Seasonal Fruit                |  | Hamburger<br>French Fries<br>Baked Beans<br>Whole Grain Bun<br>Cantaloupe   |  | Cheese Manicotti<br>Swiss Chard<br>Garden Salad<br>Whole Grain Roll<br>Ambrosia                                   |  | Chicken Salad Plate<br>Cucumber Salad<br>3 Bean Salad<br>Whole Grain Roll<br>Banana  |  |
|   |  |  |  |  |   |  |   |  |   |  | <b>16th</b>  |  |
|   |  |  |  |  |   |  |   |  |   |  | <b>St. Patrick's Day Celebration</b><br>Corned Beef & Cabbage Wedge<br>Steamed Buttered Red Potatoes<br>Sliced Carrots<br>Rye Bread<br>Leprechaun Cake |  |
|   |  |  |  |  | <b>19th</b>   |  | <b>20th</b>   |  | <b>21st</b>   |  | <b>22nd</b>  |  |
|   |  |  |  |  | Chicken Alfredo w/ Fettuccine<br>Chopped Spinach<br>Four-Way Vegetable Blend<br>Sliced Pears  |  | Open-Face Turkey Sandwich<br>Sliced Beets<br>Cauliflower<br>Whole Grain Bread<br>Fresh Orange                             |  | Ham Steak w/ Cranberry Sauce**<br>Baked Yams<br>Green Beans<br>Whole Grain Roll<br>Peach Halves                   |  | Cheese Manicotti<br>Broccoli<br>Garden Salad<br>Whole Grain Roll:<br>Pineapple Tidbits   |  |
|   |  |  |  |  |   |  |   |  |   |  | <b>23rd</b>  |  |
|   |  |  |  |  |   |  |   |  |   |  | Baked Tilapia<br>Peas & Carrots<br>Brussel Sprouts<br>Whole Grain Roll<br>Chocolate Pudding w/ Fruit   |  |
|   |  |  |  |  | <b>26th</b>   |  | <b>27th</b>   |  | <b>28th</b>   |  | <b>29th</b>  |  |
|   |  |  |  |  | Sweet & Sour Pork**<br>Oriental Blend<br>Sliced Carrots<br>Fresh Plum                         |  | <b>Birthday Celebration</b><br><br>Shepherd's Pie<br>Mashed Potato<br>Normandy Blend<br>Whole Grain Roll<br>Birthday Cake |  | Chicken Marsala<br>Italian Blend Vegetable<br>Roasted Tomato<br>Whole Grain Roll<br>Ambrosia                      |  | BBQ Ribette**<br>Sweet Corn<br>Sweet Potato Fries<br>Whole Grain Bun<br>Mandarin Oranges   |  |
|   |  |  |  |  |   |  |   |  |   |  | <b>30th</b>  |  |
|   |  |  |  |  |   |  |   |  |   |  | <b>Easter Celebration</b><br>Baked Ham **<br>Yams<br>Key Biscayne<br>Vegetable Blend<br>Croissant<br>Cherry Pie  |  |