

MARCH 2017 MENU

Served at 11:30am M-F at both Active Adult Centers. Menu items are subject to change due to availability of food items. Items with ** contain pork or pork products.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| | | 1st Vegetable lasagna Garlic roasted tomato Garden salad Whole grain breadstick Peach cake Chef's choice | 2nd Shepherd's pie Mashed potato Broccoli Whole grain roll Butterscotch pudding Chef's special: Turkey salad plate | 3rd Chicken stroganoff Egg noodle Italian blend Peas & pimento Whole grain roll Fresh fruit Chef's special: Coconut tilapia w/ teriyaki |
| 6th Country breaded beef Mashed potato Succotash Whole grain roll Sliced pears Chef's special: Puff pastry monte cristo** | 7th Cheese manicotti w/marinara Scandinavian blend Garden salad Whole grain roll Blueberry crisp Soup & salad bar | 8th Swedish Meatballs** Mashed potato Chef's blend Whole grain roll Peach halves Chef's choice | 9th Herb roasted chicken breast Au gratin potao Normandy blend Whole grain roll Fruit cocktail Chef's special: Quiche w/ garden salad** | 10th Teriyaki ribette** Rice pilaf Oriental blend Whole grain roll Jell-O w/fresh banana Chef's special: Seafood salad plate |
| 13th Open face turkey sandwich Roasted yams Green beans Whole grain bread Apricots Chef's special: Burrito w/ rice & beans | 14th Ham w/cranberry glaze** Mashed yams Cauliflower Whole grain roll Oatmeal raison cookie Soup & salad bar | 15th Breaded catfish Collard greens Dill roasted tomato Whole grain roll Ambrosia Chef's choice | 16th Spaghetti w/meatballs** Whole wheat pasta Garlic spinach Buttered yellow squash Pineapple chunks Chef's special: Creamed chicken | 17th St. Patrick's Day Corned beef & cabbage wedge Steamed buttered red potato Sliced carrots Rye bread Leprechaun cake Chef's special: Fish sticks w/ chips |
| 20th Chicken parmesan w/marinara Italian blend Zucchini & squash Whole grain breadstick Nutmeg apple slices Chef's special: Veal parmesan | 21st Broccoli beef chow mein Brown rice Oriental blend Fresh orange Soup & salad bar | 22nd Tuna salad plate Beet salad Red potato salad Whole grain roll Fruit sherbert Chef's choice | 23rd Salisbury steak Mashed potato Brussel sprouts Whole grain roll Banana Chef's special: Mexican grilled chicken breast | 24th Bratwurst & sauerkraut** Battered potato wedges Peas & carrots Whole grain bun Cherry crisp Chef's special: Potato bar |
| 27th Chicken salad plate Summer corn salad Coleslaw Whole grain roll Chocolate pudding Chef's special: BBQ baby back rib** | 28th Birthday Celebration Meatloaf w/mushroom gravy Scalloped potatoes Chuckwagon blend Whole grain roll Apple spice birthday cake | 29th Lemon pepper chicken breast Cheesy broccoli rice casserole 4 way blend Whole grain roll Plums Chef's choice | 30th Tortellini w/pesto cream sauce Garden salad Wax beans w/ red peppers Diced pears Chef's special: Honey stung chicken | 31st Biscuit w/sausage gravy** Scrambled eggs w/cheddar Roasted red potatoes Banana Chef's special: Vegetable pizza bar |