







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1</p> <p>A: Tomato Swiss Steak B: Herbed Pork Loin Delmonico Potatoes Green Beans Wheat Bread Butterscotch Pudding *Diet - Vanilla Pudding</p>	<p>2</p> <p>A: Italian Chicken Chili B: Sausage with Red Beans Confetti Rice Honey Glazed Carrots Cornbread Muffin Fudge Cream Cookie</p>	<p>3</p> <p>A: Beef Jardine B: Mozzarella Chicken Garlic Mashed Red Potatoes Broccoli and Cauliflower Wheat Roll Fresh Fruit</p>	<p>4</p> <p>A: Turkey and Rice Casserole B: Beef Chili with Beans Mixed Vegetables Beets Multi Grain Bread Fig Bar</p>	<p>5</p> <p>A: Whole Grain Fish Nuggets B: Dijon Herb Chicken Macaroni and Cheese Green Peas Wheat Bread Pineapple Tidbits </p>	
<p>8</p> <p>A: Marinara Turkey Meatballs B: Polish Sausage with Sauerkraut Twice Whipped Potatoes Broccoli Hot Dog Bun Fresh Fruit</p>	<p>9</p> <p>A: Hamburger Patty B: Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Hot Spiced Peaches</p>	<p>10</p> <p>Birth Day! A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Ice Cream  *Diet-Brownie and Ice Cream</p>	<p>11</p> <p>A: Sloppy Joe B: Breaded Chicken Patty Spiced Glazed Beets Tossed Salad WG Hamburger Bun Hot Spiced Apples</p>	<p>12</p> <p>A: Potato Crusted Fish B: Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Frosted Lime Gelatin *Diet - Frosted Lime Gelatin</p>	
<p>15</p> <p>A: Breaded Chicken Tenders B: Country Fried Steak w/Gravy Whole Kernel Corn Ranchero Vegetables Wheat Bread Graham Crackers</p>	<p>16</p> <p>A: Garlic Turkey Meatballs B: Mushroom Beef Patty Mixed Green Salad Lima Beans Bread Stick Peach Crisp</p>	<p>17</p> <p>St. Patrick's Day Meal A: Baked Turkey Pastrami B: Liver and Onions Twice Whipped Potatoes Cabbage with Carrots Dinner Roll Frosted Lime Gelatin  *Diet - Frosted Lime Gelatin</p>	<p>18</p> <p>A: Creamy Paprika Chicken B: Onion Pork Patty Brown Rice Stewed Tomatoes Dinner Roll Fresh Fruit</p>	<p>19</p> <p>A: Tuna Noodle Au Gratin B: Beef Spaghetti Casserole Broccoli with Cheese Green Peas Wheat Roll  Fruited Cherry Gelatin *Diet - Fruited Gelatin</p>	
<p>22</p> <p>A: Meatloaf with Brown Gravy B: Lemon Pepper Pork Loin Whipped Potatoes Rosemary Carrots Dinner Roll Fresh Fruit</p>	<p>23</p> <p>A: Caesar Chicken B: Falafel Balls with Tzatziki Oven Roasted Potatoes Greek Vegetables Pita Pocket Oatmeal Cream Cookie</p>	<p>24</p> <p>A: Beef Stroganoff B: Spaghetti Torte Green Beans Herbed Brussels Sprouts Dinner Roll Fresh Fruit</p>	<p>25</p> <p>A: Fajita Chicken B: Pork Carnitas Charro Beans Cilantro Lime Corn Flour Tortilla  Strawberry Swirl Pudding *Diet - Vanilla Pudding</p>	<p>26</p> <p>A: Italian Shells and Cheese B: Turkey Tetrizzini Tomato Spoon Relish Broccoli Texas Bread Blueberry Crisp</p>	
<p>29</p> <p>A: Chicken Marsala B: Rosemary Beef Rotini Alfredo Peas with Red Peppers Bread Stick Lemon Pudding *Diet - Vanilla Pudding</p>	<p>30</p> <p>A: Teriyaki Beef B: Sweet and Sour Pork Loin Jasmine Rice Japanese Vegetables Wheat Bread Tropical Fruit</p>	<p>31</p> <p>A: Spinach Lasagna B: Cheesy Beef Ziti Mixed Green Salad Herbed Green Beans Texas Bread Hot Pineapple Tidbits</p>	<p>Menu A - Meals On Wheels **Menu B - Senior Centers Only**</p>		
			<p> This meal is high in sodium See back of menu for nutrition information.</p>		<p>Suggested meal donation • \$3.00</p>