

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3	3 oz (1) Beef Stuffed Cabbage w/ Sce 1/2c Baby Potatoes 1/2c Capri Veggies (1) Dinner Roll (1) Fresh Fruit	4	Senior Center Lunch \$5 Taco Salad	5	1/2c Juice 1/8 sl Quiche Lorraine 1/2c Paprika Diced Potatoes 1/2c Broccoli Florets (1) Pudding Cup	6	Breakfast 9-10am
9		10	8 oz Chicken Veg Soup (1) Cheese & Veggie Calzone / (1) pkt Marinara Sce / (1) pkg Saltines / (1) Fresh Fruit	11	Historical Society Luncheon \$12/\$14	1 2	3 oz (1) Salmon w/ Alfredo Sce / 1/2c Corkscrew Pasta w/ Garlic White Wine Sce / 1/2c California Vegetables (1) sl 100% Whole Wh Brd (1) Fresh Fruit	13	Breakfast 9-10am
16		17	<u>Celebrate St. Pat's Day</u> 1/2c Jce / 3 oz (1) sl Corned Beef / (1) Must/ 1/2c Boiled Pots / 1/2c Cabbage & Carrots (1) sl Wheat Brd / (1) Cookie	18	Senior Center Lunch \$5 Spaghetti & Meatballs	1 9	(1) MILD Jamaican Beef Patty / 1/2c Sweet Potato Wedges 1/2c Chuckwagon Vegetables (1) Fresh Fruit	20	Breakfast 9-10am
23		24	3 oz (1) Rsted Chicken Drumstick w/ Pesto Sce / 1/2c Penne Pasta w/ Pesto Sce / 1/2c Veg Medley / (1) Garlic Knot / (1) Fresh Fruit	25	Senior Center Lunch \$5 Sloppy Joes	2 6	Pizza and Salad \$5	27	Breakfast 9-10am
30		31	1/2c Juice 3 oz MILD Spanish-Style Pulled Pork / 1/2c Spanish Rice / 1/2c Corn / (1) sl Wheat Bread / 1 Pudding Cup						

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford. Menu is subject to change.

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