

Senior Nutrition Program Menu – March 1, 2010 – April 30, 2010

March 1, 2010 – March 5, 2010

Monday, March 1 – Meatloaf, Mashed Potatoes & Gravy, Peas, Peaches, Bread & Milk

Tuesday, March 2 – Hot Dog, Baked Beans, Coleslaw, Pretzel Roll, Mandarin Oranges & Milk

Wednesday, March 3 – Spaghetti w/Meatballs & Meat Sauce, Garden Salad, Texas Toast, Applesauce & Milk

Thursday, March 4 – Chicken Teriyaki, Brown Rice, Oriental Vegetables, Frozen Whole Fruit Pop, Kiwi Smiles, Bread & Milk

Friday, March 5 – White Bean & Potato Soup w/Crackers, Tuna Salad Sandwich, Nut Less Waldorf Salad, Pears & Milk

March 8, 2010 – March 12, 2010

Monday, March 8 – Pepperoni Pizza, Green Beans, Fruit Cocktail & Milk

Tuesday, March 9 – Three Bean Salad, Chicken Pot Pie, Cinnamon Dried Apples, Bread & Milk

Wednesday, March 10 – Beef Stew, Creamy Lettuce, Apricots, Whole Grain Dinner Roll, Apricots & Milk

Thursday, March 11 – Minestrone Soup w/Crackers, Turkey & Cheese Wrap, Onion & Cucumber Salad, Apple Slices & Milk

Friday, March 12 – Salmon Loaf, Au Gratin Potatoes, Spinach, Pineapple, Bread & Milk

March 15, 2010 – March 19, 2010

Monday, March 15 – Creamed Chipped Beef, Beets, Biscuit, Pears & Milk

Tuesday, March 16 – Corn Noodle Soup w/Crackers, Chicken Tender Chef Salad, Three Bean Salad, Mandarin Oranges, Bread & Milk

Wednesday, March 17 – Pot O' Gold Sauerkraut, Roast Pork, Magic Mashed Potatoes, Rainbow Vegetables, Lucky Lime Sherbet, Bread & Milk

Thursday, March 18 – Taco Mac Casserole w/Beans, Garden Salad, Corn Muffin, Large Banana & Milk

Friday, March 19 – Shrimp Poppers w/Cocktail Sauce, Stewed Tomatoes, Macaroni & Cheese, Green Beans, Applesauce, Bread & Milk

March 22, 2010 – March 26, 2010

Monday, March 22 – Cheeseburger, Sweet Potato Fries, Steamed Broccoli, Pears & Milk

Tuesday, March 23 – Juice Cup, Stuffed Peppers, Succotash, Creamy Lettuce, Dolly Madison Pudding, Bread & Milk

Wednesday, March 24 – Oven Baked Chicken, Mashed Potatoes & Gravy, Peas, Pineapple, Bread & Milk

Thursday, March 25 – Ham & Cheese Carbonara w/Beans, Zucchini & Tomatoes, Large Banana, Bread & Milk

Friday, March 26 – Fish & Chips (Potato Wedges), Carrot Coins, Tropical Fruit Cocktail, Bread & Milk

March 29, 2010 – April 2, 2010

Monday, March 29 – Cheese Pizza, Mixed Vegetables, Peaches & Milk

Tuesday, March 30 – Cream Of Broccoli Soup w/Crackers, Steak & Cheese Sub w/Peppers & Onions, Blue Raspberry Italian Ice & Milk

Wednesday, March 31 – Chili Con Carne, Brown Rice, Tossed Salad, Corn Muffin, Mixed Fruit & Milk

Thursday, April 1 – Baked Ham w/Honey Raisin Sauce, Mashed Sweet Potatoes, Green Beans, Dinner Roll, Warm Cinnamon Sliced Apples & Milk

Friday, April 2 – Crunchy Fish Sandwich w/Tartar Sauce, Potato Salad, Coleslaw, Whole Grain Round Roll, Tropical Fruit Cocktail & Milk

April 5, 2010 – April 9, 2010

Monday, April 5 – Stuffed Cabbage, Corn, Harvard beets, Apricots, Wacky Cup Cake, Bread & Milk

Tuesday, April 6 – Liver & Onions w/Gravy, Whipped Potatoes, Kale, Mandarin Oranges, Bread & Milk

Wednesday, April 7 – Tomato Soup w/Crackers, Toasted Cheese Sandwich, Three Bean Salad, Apple Slices, Bread & Milk

Thursday, April 8 – Chicken Nuggets w/Honey Mustard, Vegetable Rice Casserole, Peas & Carrots, Banana, Bread & Milk

Friday, April 9 – Cat Fish, Butter Beans, Zucchini & Tomatoes, Pears, Bread & Milk

April 12, 2010 – April 16, 2010

Monday, April 12 – Breaded Chicken Patty, Mashed Potatoes & Gravy, Cheesy Broccoli, Fruit Cocktail, Bread & Milk

Tuesday, April 13 – Cuban Pork BBQ, Baked Beans, Pepper Slaw, Pineapple, Round Roll & Milk

Wednesday, April 14 – Spinach Salad, Chicken Tetrazinni w/Beans, Rosy Applesauce, Bread & Milk

Thursday, April 15 – Cream Of Potato Soup w/Crackers, Egg Salad Platter, Pickled Beets, Banana, Bread & Milk

Friday, April 16 – Shepherd's Pie, Nut Less Waldorf Salad, Peaches, Bread & Milk

April 19, 2010 – April 23, 2010

Monday, April 19 – Salisbury Steak w/Gravy, Whipped Potatoes, Peas & Carrots, Applesauce, Bread & Milk

Tuesday, April 20 – Thick Vegetable Soup w/Crackers, Turkey Sub w/Lettuce, Tomatoes and Onions, Mixed Fruit, Chocolate Yogurt & Milk

Wednesday, April 21 – Baked Ziti, Garden Salad w/Garbanzo Beans, Texas Toast, Dried Apple Cinnamon Wedges & Milk

Thursday, April 22 – Boiled Ham, Potatoes & Corn, Green Beans, Corn Muffin, Pineapple & Milk

Friday, April 23 – Salmon Patty, Scalloped Potatoes, Spinach, Peaches, Bread & Milk

April 26, 2010 – April 30, 2010

Monday, April 26 – Mini Egg Roll, Sweet & Sour Chicken, Brown Rice, Steamed Broccoli, Mandarin Oranges, Bread & Milk

Tuesday, April 27 – Macaroni & Cheese, Stewed Tomatoes, Green Beans, Apricots, Bread & Milk

Wednesday, April 28 – White Bean & Potato Soup w/Crackers, Chef Salad, Pickled Beets, Whale Crackers, Dolly Madison Pudding & Milk

Thursday, April 29 – Open Faced Turkey & Gravy, Mashed Potatoes, California Blend Vegetables, Large Banana, Bread & Milk

Friday, April 30 – Swedish Meatballs, Noodles, Garden Salad w/Garbanzos, Fruit Cocktail, Whole Fruit Frozen Juice Bar, Bread & Milk

