

# Senior Center Lunch Menu

March 2019

	Wednesday	Friday
NGE	<p> -Indicates Meal is High in Sodium</p> <p>#-Indicates New Menu Item</p> <p> -Indicates Birthday</p>	<p><b>1<sup>st</sup></b> Pulled Pork, BBQ Sauce, Whole Kernel Corn, Baked Beans, Wheat Hamburger Bun, Fresh Seasonal Fruit, Coffee, Milk</p>
w/Onion Gravy, Brussels Sprouts, Coffee, Milk,	<p><b>6<sup>th</sup></b> Vegetable Lasagna#, Harvard Beets, Glazed Baby Carrots, Wheat Roll, Strawberry Shortcake Cookie, Milk, Margarine</p>	<p><b>8<sup>th</sup></b> Tuna Noodle Casserole, Green Peas, Carrots, Dinner Roll, Mandarin Oranges, Coffee, Milk, Margarine</p>
redo#, Glazed Peaches, Coffee,	<p><b>13<sup>th</sup></b> Roast Beef, Brown Gravy, Whipped Potatoes, California Vegetable Blend, Wheat Roll, Birthday Cake, Coffee, Milk, Margarine</p>	<p><b>15<sup>th</sup></b> Breaded Fish Fillet, Parslied Potatoes, Stewed Tomatoes, Wheat Hamburger Bun, Pineapple Tidbits, Coffee, Milk, Tarter Sauce</p>
, Lemon Dillatoes, Seasonedky Road Pudding#,	<p><b>20<sup>th</sup></b> Pork Loin, Brown Gravy, Red Potatoes, Cabbage, Dinner Roll, Oatmeal Cookie, Coffee, Milk, Margarine</p>	<p><b>22<sup>nd</sup></b> Breaded Pollock, Cheesy Potatoes, Mixed Vegetables, Hamburger Buñ, Pears, Coffee, Milk, Tarter Sauce, Margarine </p>
y, Mashed Redlti-Grain Bread,ilk, Margarine	<p><b>27<sup>th</sup></b> Beef Goulash, Mixed Beans, Wheat Bread, Mixed Fruit, Coffee, Milk</p>	<p><b>29<sup>th</sup></b> Cheese Omelet, Roasted Diced Potatoes, Hot Apples w/ Raisins, Cinnamon Roll, Orange Juice, Coffee, Milk, Margarine.</p>