

MARCH 2019

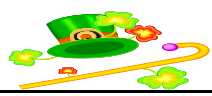



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>MARCH FOR MEALS</b> <b>FUNDRAISING DINNER</b> Thursday, March 21st Check w/Center Director Cost \$5.00 5 to 7 pm		<b>1</b> Chilled Juice Roast Turkey Dressing Pacific Blend Vegetables Roll w/Margarine Pear Halves
<b>4</b> Chilled Juice Braised Beef Tips Buttered Noodles Broccoli & Carrots Biscuit w/Margarine Orange Sherbet	<b>5</b> Chilled Juice Chicken Noodle Soup Sub Sandwich Pickled Beets Fresh Fruit	<b>6</b> Chilled Juice Baked Chicken Baked Sweet Potato Half Mixed Vegetables WW Bread w/Margarine Applesauce Cake	<b>7</b> Chilled Juice Roast Pork Green Beans Candid Sweet Potatoes Roll w/Margarine Vanilla Yogurt Parfait	<b>8</b> Chilled Juice Baked Fish Stewed Tomatoes Macaroni & Cheese Cornbread w/Margarine Chilled Pineapple
<b>11</b> Chilled Juice Italian Sausage on Bun Green Peppers & Onions Chopped Spinach Pineapple Tidbits	<b>12</b> Chilled Juice Beef Barley Soup w/Crackers Tuna Salad on WW Bread Lettuce & Tomatoes Spinach Salad Banana	<b>13</b> Chilled Juice Chicken Parmesan Angel Hair Pasta w/Sauce Toss Salad w/Asst. Dressings Italian Bread w/Margarine Peaches	<b>14</b> Chilled Juice Ham & Cabbage Redskin Mashed Potatoes Biscuit w/Margarine Chocolate Ice Cream	<b>15</b> Chilled Juice                      Baked Fish Macaroni & Cheese Winter Blend Vegetables WW Bread w/Margarine Tapioca Pudding w/Granola
<b>18</b> Chilled Juice Meat Lasagna Buttered Carrots Toss Salad w/Assorted Dressing Italian Bread w/Margarine Orange Sherbet	<b>19</b> Chilled Juice Chicken & Dumplings Sweet Potato Half Garden Trio Vegetables Dinner Roll w/Margarine Vanilla Yogurt Parfait	<b>20 First Day of Spring</b> Chilled Juice Homestyle Meat Loaf Scalloped Potatoes Country Blend Vegetables WW Bread w/Margarine Apple or Applesauce Cup	<b>21 March For Meals Dinners</b> Chilled Juice Vegetable Soup Tuna Salad Plate w/Crackers Lettuce & Tomatoes Cucumber/Tomato/Onion Salad Birthday Cake	<b>22</b> Chilled Juice Roast Turkey w/Cranberry Sauce Mashed Potatoes w/Gravy Vegetable Blend WW Bread w/Margarine Fruit Cocktail
<b>25</b> Chilled Juice Hamburger Steak w/Onions Red Skin Potatoes w/Gravy Harvard Beets Roll w/Margarine Fruit Ambrosia	<b>26</b> Chilled Juice Baked Ham w/Raisin Sauce Sweet Potato Half Kale Greens WW Bread w/Margarine Peaches	<b>27</b> Chilled Juice Orange Chicken Brown Rice French Style Green Beans WW Bread w/Margarine Pineapple Upside Down Cake	<b>28</b> Chilled Juice Chef Salad w/Crackers Ham/Turkey/Cheese Tomato & Egg Wedges Pickle Spears Fresh Fruit	<b>29</b> Chilled Juice Roast Beef Dumplings Glazed Carrots Roll w/Margarine Vanilla Pudding w/Granola

All menus meet 1/3 Recommended Dietary Reference Intake, are 30 gram Heart Healthy, and under 1 gram of Sodium per services.

Fish is available for Fridays during Lent. Please let your Kitchen Manager know if you want it.

MARCH 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy  St. Patrick's Day</p>		<p><b>MARCH FOR MEALS</b>  <b>FUNDRAISING DINNER</b>                      Thursday, March 21st                      Check w/Center Director                      Cost \$5.00                      5 to 7 pm</p>		<p><b>1</b>                      Calories 603                      Protein 41 gms                      Fiber 6.3 gms                      Fat 17.5 gms                      Sodium 925 mgs</p>
<p><b>4</b>                      Calories 528                      Protein 33 gms                      Fiber 7.8 gms                      Fat 9 gms                      Sodium 689 mgs</p>	<p><b>5</b>                      Calories 679                      Protein 34 gms                      Fiber 11 gms                      Fat 32 gms                      Sodium 1537 mgs</p>	<p><b>6</b>                      Calories 894                      Protein 46 gms                      Fiber 9 gms                      Fat 28 gms                      Sodium 717 mgs</p>	<p><b>7</b>                      Calories 748                      Protein 39 gms                      Fiber 8 gms                      Fat 17 gms                      Sodium 740 mgs</p>	<p><b>8</b>                      Calories 616                      Protein 40 gms                      Fiber 8 gms                      Fat 14 gms                      Sodium 766 mgs</p>
<p><b>11</b>                      Calories 570                      Protein 30 mgs                      Fiber 4.92 gms                      Fat 28.7 mgs                      Sodium 999 mgs</p>	<p><b>11</b>                      Calories 599                      Protein 36 gms                      Fiber 7 gms                      Fat 22 gms                      Sodium 511 mgs</p>	<p><b>12</b>                      Calories 1124                      Protein 72 gms                      Fiber 10 gms                      Fat 22 gms                      Sodium 838 mgs</p>	<p><b>13</b>                      Calories 576                      Protein 31 gms                      Fiber 6 gms                      Fat 10 gms                      Sodium 910 mgs</p>	<p><b>14</b>                      Calories 615                      Protein 43 gms                      Fiber 6 gms                      Fat 22 gms                      Sodium 859 mgs</p>
<p><b>18</b>                      Calories 627                      Protein 28 gms                      Fiber 10 gms                      Fat 31 gms                      Sodium 738 mgs</p>	<p><b>19</b>                      Calories 792                      Protein 48 gms                      Fiber 5.5 gms                      Fat 18 gms                      Sodium 610 mgs</p>	<p><b>20 First Day of Spring</b>                      Calories 652                      Protein 35 gms                      Fiber 12.5 gms                      Fat 23 gms                      Sodium 763 mgs</p>	<p><b>21 March For Meals Dinners</b>                      Calories 602                      Protein 42 gms                      Fiber 6.5 gms                      Fat 19 gms                      Sodium 635 mgs</p>	<p><b>22</b>                      Calories 791                      Potein 45 gms                      Fiber 9.5 gms                      Fat 19 gms                      Sodium 1046 mgs</p>
<p><b>25</b>                      Calories 788                      Protein 40 gms                      Fiber 6.3 gms                      Fat 18 gms                      Sodium 501</p>	<p><b>26</b>                      Calories 640                      Protein 29 gms                      Fiber 7.7 gms                      Fat 13 gms                      Sodium 1060 mgs</p>	<p><b>27</b>                      Calories 958                      Protein 44 gms                      Fiber 8.4 gms                      Fat 37 gms                      Sodium 717 mgs</p>	<p><b>28</b>                      Caloris 483                      Protein 34 gms                      Fiber 7.28 gms                      Fat 13 gms                      Sodium 925 mgs</p>	<p><b>29</b>                      Calories 903                      Protein 46 gms                      Fiber 9 gms                      Fat 24 gms                      Sodium 775 mgs</p>

All menus meet 1/3 Recommended Dietary Reference Intake, are 30 gram Heart Healthy, and under 1 gram of Sodium per services.  
**Fish is available for Fridays during Lent. Please let your Kitchen Manager know if you want it.**