

# MARCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Swiss Steak 1 ea Whipped Potatoes 1/2 c Capri Vegetables 1/2 c Wheat Bread 2 slc Diced Peaches 1/2 c Milk 8 oz Margarine 1 ea	Cheese Baked Ziti 1 c Carrots 1/2 c Spinach 1/2 c Wheat Bread 1 slc Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 ea	Navy Bean Soup 6 oz Chicken Tenders 3 ea Corn O'Brien 1/2 c Dinner Roll 1 ea Fudge Crème Cookie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Ketchup 1 ea Saltine Crackers 1 pkt	Beef Taco Meat 4 oz Brown Spanish Rice 1/2 c Fajita Vegetables 1/2 c Flour Tortilla 1 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Taco Sauce 1 ea	Potato Crusted Pollock 1 ea Tater Tots 1/2 c Cabbage 1/2 c WG Hamburger Bun 1 ea Applesauce 1/2 c Milk 8 oz Tartar Sauce 1 ea Margarine 1 ea
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Turkey w/Gravy 3 oz Whipped Yams 1/2 c Corn 1/2 c Wheat Bread 2 slc Applesauce 1/2 c Milk 8 oz Margarine 1 ea	Herbed Chicken Leg Qtr 1 ea Macaroni & Cheese 1/2 c Capri Vegetables 1/2 c Wheat Bread 1 slc Diced Pears 1/2 c Milk 8 oz Margarine 1 ea	BBQ Pork Riblet 1 ea Ranch Beans 1/2 c Spinach 1/2 c WG Hamburger Bun 1 ea Fresh Seasonal Fruit 1 ea Milk 8 oz	Split Pea Soup 6 oz Meatloaf w/ Tomato Gravy 1 ea Whipped Potatoes 1/2 c Dinner Roll 1 ea Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 ea Saltine Crackers 1 pkt	Ravioli w/Tomato Sauce 12 ea Green Beans Carrots 1/2 c Wheat Bread 1/2 c Butterscotch Pudding 1 slc Assorted Fruit Juice 1/2 c Milk 4 oz Margarine 8 oz Margarine 1 ea
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Beef/Chicken Swedish 7 ea Meatballs (0.5 oz) Bowtie Noodles 1/2 c Brussels Sprouts 1/2 c Wheat Bread 1 slc Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 ea	Sweet and Sour Breaded Chicken 12 ea Confetti Brown Rice 1/2 c Broccoli 1/2 c Wheat Bread 1 slc Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 ea	Potato Soup 6 oz BBQ Pork 3 oz Cabbage w/Carrots 1/2 c Dinner Roll 2 ea Vanilla Pudding 1/2 c Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 ea Saltine Crackers 1pkt	Tomato Basil Chicken Thigh 3 oz Garlic Parmesan Orzo 1/2 c Green Beans 1/2 c Wheat Bread 1 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 ea	Cheese Omelet 1 ea Tater Tots 1/2 c Spinach 1/2 c Wheat English Muffin 1 ea Applesauce 1/2 c Milk 8 oz Margarine 1 ea
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Chicken Parmesan 1 ea Penne Noodles 1/2 c Broccoli 1/2 c Wheat Bread 1 slc Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 ea	Honey Mustard Pork 3 oz Baked Pinto Beans 1/2 c Cabbage 1/2 c Wheat Bread 2 slc Fudge Brownie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 ea	Philly Cheese Steak 1 ea Oven Roasted Potatoes 1/2 c Carrots 1/2 c Whole Grain Hot Dog Bun 1 ea Applesauce 1/2 c Milk 8 oz	Turkey Chili 1 c Corn O'Brien 1/2c Mixed Greens 1/2 c Wheat Bread 2 slc Diced Pears 1/2c Milk 8 oz Margarine 1 ea	Vegetable Barley Soup 6 oz Potato Crusted Pollock 1 ea Green Beans 1/2 c Dinner Roll 1 ea Mandarin Oranges 1/2 c Milk 8 oz Margarine 1 ea Tartar Sauce 1 ea Saltine Crackers 1 pkt
<b>31</b>				
Low Salt Ham 3 oz Sweet Potato Casserole 1/2 c Lima Beans 1/2 c Wheat Bread 2 slc Applesauce 1/2 c Milk 8 oz Margarine 1 ea				ElderHouse serves: Coffee at 8:30am Lunch at 12:00noon Snack at 2:00pm Hydration is offered throughout the day.