

## March Menu



Well-being as we age

## Homage Senior Services Congregate Nutrition Program Menu- Served from 12:00-12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
				French Dip w/au jus Carrot Raisin Salad Potato Wedges Dinner Roll Apricots
4	5	6	7	8
Stuffed Peppers Rice Broccoli Fruit	Grilled Turkey & Cheddar on Flat Bread Pea & Cheese Salad Chips Pineapple	Fish & Chips Coleslaw Corn Muffin Peaches	Chicken Chili w/shredded Cheddar & green onion Garden Salad Tortilla Chips Mandarin Oranges	Baked Ziti Winter Mix Vegetables Garden Salad Garlic Bread Fresh Fruit
11	12	13	14	15
California Turkey Burger w/ Lettuce & Tomato Coleslaw French Fries Fresh Fruit	Meatball Sub w/ Parmesan cheese Caesar Salad Potato Wedges Fresh Fruit	Spaghetti w/meat sauce Garden Vegetables Tossed Salad Garlic Bread Pears	Lemon Pepper Pollock Baked Potato w/sour cream Dilled Carrots Garden Salad Mixed Fruit Dinner Roll  National Re day	*Please sign up* Corned Beef & Cabbage Red Potatoes Carrots Rye Bread Apple Duff
18	19	20	21	22
Hot Turkey Sandwich w/mashed potatoes & gravy Peas and Carrots Applesauce Cookie	Grilled Chicken Breast Turmeric Rice Garden Vegetables Dinner Roll Fresh Fruit	Taco Salad w/beef, cheese, sour cream & lettuce salsa & chips Refried Beans Mandarin Oranges	Country Fried Steak Garlic Roasted Potatoes Green Beans Dinner Roll Pears	Lemon Pepper Roasted Chicken Legs Homemade Mac & Cheese Succotash Applesauce Dinner Roll
25	26	27	28	29
Ham & Swiss Sub w/ Lettuce & Tomato Pea and Cheese Salad Chips/Cookie Fresh Fruit	Vegetarian Lasagna Garlic Bread Broccoli Parmesan Spinach Salad Mandarin Oranges	BBQ Pulled Pork Coleslaw French Fries Banana	Crispy Chicken Sandwich w/ Lettuce & Tomato French Fries Fresh Fruit Cookie	*Please sign up* Baked Ham w/glaze Au Gratin Potatoes Fresh Roasted Vegetable Spring Salad Easter Dessert