

Donation: \$1.00

Lunch is served at 1:00 pm at the South Middle School on West Silver Street.
Please call the Senior Center at 562-6435 by 10:30am to reserve your spot.

A carton of Low Fat Milk is included with every meal.
Coffee or Tea may be selected in place of the Milk.



Friday March . 1

Breaded Baked Pollock
Whipped Potatoes
Steamed Broccoli
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Friday March.8

Lemon Pollock Loin (unbreaded)
Whipped Potatoes
Glazed Carrots
WG Dinner Roll
Vanilla Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Friday March. 15

Potato Pollock Fillet
Whipped Potatoes
Steamed Broccoli
Homemade Banana Bread
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Friday March. 22

Baked Macaroni & Cheese
California Blend Veggies
Wheat Bread
Fresh Fruit
Carton of Low Fat Milk
Soup Of The Day

Friday March. 29

**EARLY RELEASE
NO MEAL SERVICE**

Monday March. 4

Yankee Pot Roast
Whipped Potatoes
Green Beans
Blueberry Snack'n Loaf
Chilled Pears
Carton of Low Fat Milk
Dried Cranberries

Monday March.11

Shepherd's Pie made with
Beef, Corn and Whipped Potatoes
Steamed Green Beans
WG Dinner Roll
Chilled Applesauce
Carton of Low Fat Milk
Dried Cranberries

Monday March. 18

Yankee Pot Roast
Whipped Potatoes
Whole Kernel Corn
Blueberry Snack'n Loaf
Fresh Fruit
Carton of Low Fat Milk
Dried Cranberries

Monday March. 25

Beef Stroganoff
Over Egg Noodles
Italian Blend Vegetables
Diced Strawberry cup
Carton of Low Fat Milk

Tuesday March. 5

Chicken Ala King
Over Brown Rice
California Blend Veggies
Homemade Blueberry Bread
Chilled Peaches
Carton of Low Fat Milk
Soup Of The Day

Tuesday March. 12

Rosemary Roasted Chicken Quarter
Oven Roasted Potatoes
Creamed Corn
WG Dinner Roll
Chilled Mixed Fruit
Carton of Low Fat Milk
Soup Of The Day

Tuesday March. 19

Savory Chicken Breast & Gravy
Over Stuffing
Broccoli
Warm Sliced Apples
Carton of Low Fat Milk
Soup Of The Day

Tuesday March. 26

Egg and Cheese Wrap
Sausage
Homemade Hashbrowns
Homemade Banana Bread
Fresh Fruit
Carton of Low Fat Milk
Soup Of The Day
****Breakfast for Lunch****

Wednesday March.6

Stuffed Shells (no meat)
In red sauce (no meat)
Steamed Broccoli
WG Garlic Dinner Roll
Butterscotch Pudding w/ topping
Carton of Low Fat Milk

Wednesday March. 13

Meatloaf
Rice pilaf
Peas and Carrots
WG Dinner Roll
Strawberry cups
Carton of Low Fat Milk
Soup Of The Day

Wednesday March. 20

W/G Spaghetti
with Meatballs and Red Sauce
Italian Blend Veggies
WG Garlic Dinner Roll
Strawberry Cups
Carton of Low Fat Milk

Wednesday March. 27

Savory Chicken Breast
Au Gratin Potatoes
California Blend Veggies
Fresh Fruit
Carton of Low Fat Milk
Soup Of The Day
Snack Loaf

Thursday March.7

Roasted Turkey
With Gravy
Whipped Potatoes
Steamed Peas
Apple Crisp
Carton of Low Fat Milk
Snack Loaf

Thursday March. 14

Stuffed Cabbage
Carrots
Sliced Rye Bread
Warmed Apple Slices
Carton of Low Fat Milk

Thursday March. 21

Roasted Turkey
With Gravy
Whipped Potatoes
Whipped Yams
Peach Crisp
Carton of Low Fat Milk
WG Dinner Roll

Thursday March. 28

Salisbury Steak
w/ Gravy
Roasted Red Potatoes
Green Beans
WG Dinner Roll
Carton of Low Fat Milk
Pound Cake w/ fruit

