

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 and or Tea and Coffee is included with every meal.



Monday March 2
Yankee Pot Roast
Whipped Potatoes
Carrots
Homemade Bread
Chilled Mixed Fruit
Carton of Low Fat Milk
Dried Plums

Monday March 9
Chicken Pot Pie Stew
Carrots
Warm Biscuit
Fresh Fruit
Carton of Low Fat Milk
Dried Plums

Monday March 16
Yankee Pot Roast
Whipped Potatoes
Carrots
Homemade Bread
Fresh Fruit
Carton of Low Fat Milk
Dried Plums

Monday March 23

NO MEAL SERVICE
NO SCHOOL

Monday March 30
Yankee Pot Roast
Whipped Potatoes
Carrots
Homemade Bread
Fresh Fruit
Carton of Low Fat Milk
Dried Plums

Tuesday March 3
WG Vegetable Pin Wheel
Steamed Peas
Carton of Low Fat Milk
Snack Loaf
Apple Sauce

Tuesday March 10
Baked Ham
Au Gratin Potatoes
Broccoli
WG Dinner Roll
Chilled Mixed Fruit
Carton of Low Fat Milk
Snack Loaf

Tuesday March 17
Savory Chicken Breast & Gravy
Over Stuffing
Broccoli
Apple Sauce
Carton of Low Fat Milk
Snack Loaf

Tuesday March 24
Yankee Pot Roast
Whipped Potatoes
Corn
Homemade Bread
Fresh Fruit
Carton of Low Fat Milk
Dried Plums

Tuesday March 31
Pancakes w/ Syrup
Breakfast Sausage
Hash Brown
Apple Sauce
Carton of Low Fat Milk
Snack Loaf



Wednesday March 4
Meatballs with
Tomato Sauce Over Spaghetti
Broccoli
Fresh Fruit
Carton of Low Fat Milk

Wednesday March 11
Homemade Beef Lasagna
WG Dinner Rolls
Tossed Salad
Apple Sauce
Carton of Low Fat Milk

Wednesday March 18
Meatloaf
Rice Pilaf
Steamed Peas
WG Dinner Roll
Chilled Pears
Carton of Low Fat Milk

Wednesday March 25
Macaroni & Cheese
Broccoli
Wheat Bread
Chilled Pears
Carton of Low Fat Milk

Thursday March 5
Roasted Turkey
With Gravy
Roasted Red Potatoes
Corn
Carton of Low Fat Milk
Chilled Peaches
Dried Plums
WG Dinner roll

Thursday March 12
Roasted Turkey
With Gravy
Rice Pilaf
Corn
Carton of Low Fat Milk
Chilled Peaches
Dried Plums
WG Dinner roll

Thursday March 19
Roasted Turkey
With Gravy
Roasted Red Potatoes
Green Beans
Carton of Low Fat Milk
Chilled Peaches
Dried Plums
WG Dinner roll

Thursday March 26
Roasted Turkey
With Gravy and Rice Pilaf
Green Beans
Chilled Mixed Fruit
Carton of Low Fat Milk
Dried Plums
WG Dinner roll

Friday March 6
Potato Pollock Fillet
Whipped Potatoes
Green Beans
WG Dinner Roll
Chilled Pears
Chocolate Pudding with Topping
Carton of Low Fat Milk

Friday March 13
Lemon Pollock Loin (unbreaded)
Whipped Potatoes
California Blend Veggies
WG Dinner Roll
Apple Sauce
Vanilla Pudding with Topping
Carton of Low Fat Milk

Friday March 20
Breaded Baked Pollock
Whipped Potatoes
Corn
Chilled Mixed Fruit
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk

Friday March 27
Grilled Cheese Sandwich
Homemade Soup
Carrots
Vanilla Pudding with Topping
Chilled Peaches
Carton of Low Fat Milk

