

MARCH 2019

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Modified Diet Choices Cardiac Diabetic Diverticulitis</p> <p>Texture Choices Regular Chopped Pureed</p> <p>Milk Choices Skim 2% Chocolate</p>	<p>Choice of Entrée - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>			<p>Mar. 1 Read Across America Day Italian Salad w/ Cheese, Tomato, Banana Peppers, & Pepperoni on Side Crackers Fruit or Fruit Juice Potato Chips Oreo Cookies</p>
<p>Mar. 4 Maha Shivaratri (Hindu) Sub: Ham, Turkey, Cheese, w/ Lettuce, Tomato, & Pickle Mustard Potato Salad Hamburger Bun Mayo Pkt. Fruit Trail Mix Double Chocolate Chunk Cookie</p>	<p>Mar. 5 Mardi Gras Chicken Salad ov/ Lettuce Coleslaw Hamburger Bun Fruit Sun Chips Rice Krispies Treat</p>	<p>Mar. 6 Ash Wednesday Egg Salad ov/ Lettuce Chilled Beets Crackers Fruit Oatmeal Bar Kettle Chips</p>	<p>Mar. 7 Chef Salad w/ Ham & Cheese Tomato & Cucumber Macaroni Salad Crackers Dressing Pkt. Fruit Gingerbread Cookie</p>	<p>Mar. 8 Pimento Cheese Carrot Raisin Salad Chilled Beets Hamburger Bun Baked Chips Dessert</p>
<p>Mar. 11</p> <p>Please Use Shelf Stable Meal</p>	<p>Mar. 12 Ham & Potato Soup Prince Edward Blend Veggies Warm Dinner Roll w/ Marg. Fruit or Fruit Juice Graham Crackers</p>	<p>Mar. 13 Baked Steak w/ Gravy Mashed Potatoes w/ Gravy Onion Seasoned Green Beans W. W. Bread w/ Marg. Fruit or Fruit Juice Apple Streusel Bread</p>	<p>Mar. 14 BBQ Pork Corn Casserole Warm Blushing Applesauce Dixie's Coleslaw Hamburger Bun Fruit Crisp</p>	<p>Mar. 15 Cheese Omelet Oven Fried Potatoes Brussels Sprouts Fresh Diced Fruit Biscuit w/ Marg. & Jelly</p>
<p>Mar. 18 Chicken Tetrazzini Buttered Corn Warm Dinner Roll w/ Marg. Tomato Juice Fruit or Fruit Juice</p>	<p>Mar. 19 Asian Beef & Broccoli Capri Blend Veggies Warm Dinner Roll w/ Marg. Fruit or Fruit Juice Apple Streusel Bread</p>	<p>Mar. 20 Spring Equinox Grilled Chicken Breast ov/ Wild Rice Peas & Onions Seasoned Spinach W. W. Bread w/ Marg. Fruit or Fruit Juice Cheesecake w/ Cherry Topping</p>	<p>Mar. 21 Holi (Hindu) Purim (Jewish) Cheeseburger w/ Fresh Onions & Pickles Oven Baked French Fries Diced Carrots Fresh Fruit Hamburger Bun</p>	<p>Mar. 22 Choice: Breaded, Fish <u>or</u> Chicken, Patty w/ Mayo Pkt. Sour Cream & Chive Mashed Potatoes Pickled Beets Fruit or Fruit Juice Hamburger Bun Chocolate Cake w/ Chocolate Icing</p>
<p>Mar. 25 Steak Strips w/ Sautéed Onions, Peppers, & BBQ Pkt. Onion Rings Golden Hominy Fruit or Fruit Juice Hoagie Bun Pudding Cup</p>	<p>Mar. 26 Meatloaf w/ Gravy Mashed Potatoes w/ Gravy Seasoned Green Beans W. W. Bread w/ Marg. Fruit or Fruit Juice Banana Muffin</p>	<p>Mar. 27 Choice: Sausage, Egg & Cheese Sand- <u>or</u> Turkey, Egg, & Cheese Sandwich Seasoned Diced Potatoes Steamed Broccoli Fruit or Fruit Juice Hamburger Bun Oreo Cookies</p>	<p>Mar. 28 Chicken Veggie Soup Seasoned Asparagus Warm Fruit Cornbread w/ Marg. Animal Crackers</p>	<p>Mar. 29 Nat'l Vietnam War Vet's Day Stuffed Shells w/ Sauce French Green Beans Warm Garlic Biscuit Tossed Salad w/ Italian Dressing Pkt. Fresh Fruit</p>

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one day in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2018 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.