

## Senior Nutrition Program March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Half Turkey & Cheese or Veggie & Cheese Sandwich Clam Chowder Pineapple
4  SITE CHOICE	5 Cajun Chicken Cassoulet Green Salad Tropical Fruit Salad Dinner Roll	6 Southwest Frittata Roasted Potatoes with Onions and Garlic Fresh Fruit Dinner Roll	7 Wild Salmon with Pesto Cream Sauce Roasted Zucchini & Cauliflower Cinnamon Applesauce Dinner Roll	8 Whole Grain Pancakes w/Berry Compote Roasted Potatoes w/ Peppers & Onions Turkey Sausage
11 Red Thai Beef & Veggie Curry Brown Rice Peas Mandarin Oranges	12 BBQ Chicken German Potato Salad Mixed Green Salad Apple Crisp Dinner Roll	13 Veggie Lasagna Fresh Spinach Salad Spiced Pears Garlic Bread	14  SITE CHOICE	15 Corn beef & Cabbage w/ Potatoes & Carrots Soda Bread Fresh Fruit
18 Ham, Cheese & Onion Breakfast Casserole Steamed Glazed Carrots Banana Croissants	19  SITE CHOICE	20 Tuna Cakes Scalloped Potatoes Marinated Vegetable Salad Fresh Fruit Dinner Rol	21 Homemade Meatloaf Mashed Potatoes w/ Gravy Green Salad Fresh Fruit Dinner Roll	22 Herbed Chicken Rice Pilaf Peas & Carrots Fresh Oranges Dinner Roll

<p style="text-align: center;">25</p> <p style="text-align: center;">Turkey, Veggie &amp; Cream Cheese Wrap Tomato Bisque Soup Tropical Fruit Salad</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Garden Burger w/Cheese, Sautéed Onions &amp; Mushrooms Sweet Potato Fries Fresh Apples Slices</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Country Fried Steak Home Made Mashed Potatoes &amp; gravy Mixed Vegetables Fresh Fruit Dinner Roll</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Egg Salad on a bed of fresh Spinach w/ Tomato Slices Fresh Fruit Dinner Roll</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">SITE CHOICE</p>
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\*\* Friday meals in Lacey are not federally funded and require payment to attend\*\*(Menu Subject to change)