

**Community Action Senior Home Delivery Menu March 2013**

<b>Monday</b>		<b>Wednesday</b>		<b>Friday</b>
<i>Hot Meal</i>				<b>March 1, 2013</b>
<i>Cold Meal</i>				
Milk served with each meal. A Suggested Donation is \$3.00 However, no one requesting a meal will be denied meal services.				Ham/ Cheese Quiche Fire Roasted Tomatoes Peaches Whole Grain Muffin
<b>March 4, 2013</b>		<b>March 6, 2013</b>		<b>March 8, 2013</b>
<i>Hot Meal</i>		<i>Hot Meal</i>		
<i>Cold Meal</i>		<i>Cold Meal</i>		
Beef Tips/Gravy over Savory Brown Rice Mixed Vegetables Mandarin Oranges	Hamburger Whole Grain Bun Lettuce, Tomato, Onion Creamy Cole Slaw Peaches	Taco Salad (Meat, Let, Tom & Cheese) Refried Beans Corn chips Tropical Fruit	Meatloaf Scalloped Potatoes Lima Beans Lettuce Salad/Dressing Peach Crisp	Baked Ham Sweet Potatoes Green Salad/ Dressing Baked Pineapple Whole Wheat Roll
<b>March 11, 2013</b>		<b>March 13, 2013</b>		<b>March 15, 2013</b>
<i>Hot Meal</i>		<i>Hot Meal</i>		
<i>Cold Meal</i>		<i>Cold Meal</i>		
Beef Stew w/ Potatoes & Carrots Over a Biscuit Roasted Zucchini Baked Cinnamon Apples	Chicken Salad (2) Whole Wheat Bread Carrot & Celery Stick Strawberries & Jell-O	BBQ Ribbette Whole Wheat Roll Green Beans Cauliflower w/ Cheese Banana	Tuna Casserole w/ Peas & Carrots tossed w/ Whole Wheat Noodles Steamed Broccoli Sliced Apricots	Oven Fried Chicken Mashed Potatoes/ Gravy Biscuit Cooked Cabbage Angel Cake/ Fresh Berries
<b>March 18, 2013</b>		<b>March 20, 2013</b>		<b>March 22, 2013</b>
<i>Hot Meal</i>		<i>Hot Meal</i>		
<i>Cold Meal</i>		<i>Cold Meal</i>		
Chicken & White Bean Chili Corn Bread Glazed Carrots Grapes	Sloppy Joes/ Bun Buttered Corn Garbanzo Bean Salad Applesauce	Roast Turkey w/ Gravy Stuffing w/ Celery & Onions Green Beans Cranberry Salad Apple Pie	Pork Chop Patty Cheesy Potatoes Carrots & Peas Pineapple Cake	Chicken Tenders Baked Beans Corn Muffin Potato Salad Grapes
<b>March 25, 2013</b>		<b>March 27, 2013</b>		<b>March 29, 2013</b>
<i>Hot Meal</i>		<i>Hot Meal</i>		
<i>Cold Meal</i>		<i>Cold Meal</i>		
Ravioli/ Meat Sauce Garlic Bread Italian Vegetables Peaches Oatmeal Cookie	Chicken Alfredo w/ Broccoli & Whole Grain Noodles Italian Lettuce Salad Apricots	Chicken Fajitas Lettuce & Tomatoes & Cheese 2 Whole Grain Tortillas Corn & Black Bean Salad Fruit Cocktail	Ham and Beans Cornbread Coleslaw Fresh Orange Cherry Crisp	Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Apricots

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