

Community Action Senior Programs-Congregate Meals March 2013

Monday	Tuesday	Wednesday	Thursday	Friday
				March 1 Ham, Cheese, Spinach Quiche Fire Roasted Tomatoes Peaches Whole Grain Muffin
March 4 Beef Tips/ Gravy over Savory Brown Rice Mixed Veggies Mandarin Oranges	March 5 Meatloaf Scalloped Potatoes Lima Beans Lettuce Salad with Tomato, Onion, Cheese & Dressing Peach Crisp	March 6 Taco Salad (Meat, Lettuce, Tomato & Cheese) Refried Beans Corn Chips Tropical Fruit	March 7 Chicken Salad (2) Whole Wheat Bread Carrot & Celery Sticks Strawberries in Jell-O	March 8 Baked Ham Sweet Potatoes Green Salad with Tomato, Cucumber & Dressing Baked Pineapple Whole Wheat Roll
March 11 Beef Stew w/ Potatoes & Carrots Over a Biscuit Roasted Zucchini Baked Cinnamon Apples	March 12 Tuna Casserole w/ Peas & Carrots tossed w/ Whole Wheat Noodles Steamed Broccoli Sliced Apricots	March 13 BBQ Ribbette Whole Wheat Roll Green Beans Cauliflower with Cheese Sauce Banana	March 14 Sloppy Joes/ Bun Buttered Corn Garbanzo Bean Salad Applesauce	March 15 Oven Fried Chicken Mashed Potatoes/ Gravy Biscuit Cooked Cabbage Angel Cake/ Fresh Berries
March 18 Chicken and White Bean Chili Corn Bread Grapes Glazed Carrots	March 19 Pork Chop Patty Cheesy Potatoes Carrots & Peas Pineapple Cake	March 20 Roast Turkey With Gravy Stuffing with Celery & Onions Green Beans Cranberry Salad Apple Pie	March 21 Chicken Alfredo w/ Broccoli & Whole Grain Noodles Italian Lettuce Salad w/ Tomato, Onion, Cheese & Dressing Apricots	March 22 Chicken Tenders Baked Beans Corn Muffin Potato Salad Grapes
March 25 Ravioli/ Meat Sauce Garlic Bread Italian Vegetables Peaches Oatmeal Cookie	March 26 Ham and Beans Cornbread Coleslaw Fresh Orange Cherry Crisp	March 27 Chicken Fajitas Shredded Lettuce, Tomatoes & Cheese 2 Whole Grain Tortillas Corn and Black Bean Salad Fruit Cocktail	March 28 Cheeseburger/ Whole Grain Bun w/ Lettuce, Onion & Tomato Tater Tots Glazed Carrots Pineapple	March 29 Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Apricots

For Reservations, call 217-732-2159 ext.240