

Served at 12:00 p.m., Noon, Monday through Friday.

No reservations necessary.

No person over 60 shall be denied nutrition services because of failure to contribute all or part of the cost of such service. Participants shall determine for themselves what they are able to contribute toward the cost of the service. There is a \$2 suggested donation for those 60 and over and a \$5 fee for those under 60.

Nutrition and ingredient information is available upon request.

THURSDAY, March 1

Shredded Hot Chicken OR Sloppy Joe, roasted sweet potatoes, pears, sauerkraut salad, cookies.

FRIDAY, March 2

Chicken & Dumplings OR Tuna & Noodles, peas, marinated vegetable salad, fruit cocktail.

MONDAY, March 5

Chicken a la King OR Swedish Meatballs, brown rice, Riviera blend vegetables, peaches & pears, fruit punch.

TUESDAY, March 6

BBQ Chicken Breast OR Liver & Onions, redskin mashed potatoes, glazed fruit salad, apple crisp.

WEDNESDAY, March 7

Stuffed Pepper OR Chicken Macaroni Casserole, lima beans, rosy applesauce, citrus slaw, pineapple upside down cake.

THURSDAY, March 8

Chef Salad w/Ham, Cheese & Egg OR Chicken Salad, cranberry Jell-O salad, blueberry muffin.

FRIDAY, March 9

Cabbage Roll OR Lemon Pepper Pollock, au gratin potatoes, orange, Texas caviar bean salad, lemon bar.

MONDAY, March 12

Chipped Beef OR Creamed Chicken, far east blend, peaches & pears, mashed potatoes, pudding.

TUESDAY, March 13

Potato Soup OR Vegetable Soup, chipped turkey sandwich, celery sticks w/peanut butter, orange sections.

WEDNESDAY, March 14

Hamloaf OR Grilled Chicken Breast, buttered beets, Caesar salad, ambrosia.

THURSDAY, March 15

Hamburger Pie OR Smoked Sausage, squash, emerald pears, strawberry & blueberry shortcake.

FRIDAY, March 16

St. Patrick's Day Celebration! Reuben Casserole OR Almandine Pollock, mixed vegetables, fruited lime Jell-O, green apple, brownie w/green frosting.

MONDAY, March 19

Chicken Lasagna OR Veal Patty, mixed vegetables, orange juice, plums.

TUESDAY, March 20

Black-Eyed Pea Hash w/Sausage OR Chicken Pot Pie, French green beans, cabbage/apple/raisin salad, peach crunch.

WEDNESDAY, March 21

BirthDay Celebration! Roast Beef, stewed tomatoes, mandarin oranges & grapes, potato salad, cake & ice cream.

THURSDAY, March 22

Pepper Steak OR Chicken Teriyaki, rice, Brussels sprouts, corn relish, pineapple rings.

FRIDAY, March 23

Sliced Ham OR Tuna Salad, baked beans, grapefruit sections, carrots & celery, cookies.

MONDAY, March 26

Italian Chicken Breast OR Liver & Onions, scalloped potatoes, mixed fruit, apple juice, gingerbread.

TUESDAY, March 27

Baked Chicken OR Southwest Lasagna, peas & carrots, cauliflower and peanut salad, mandarin oranges in Jell-O.

WEDNESDAY, March 28

Calico Beans OR Chicken Nuggets, Nantucket blend, Betty's salad, berry blend w/yogurt & granola.

THURSDAY, March 29

King Ranch Chicken Casserole OR Pork Chop, Italian green beans, grapes, potato salad, frozen yogurt.

FRIDAY, March 30

Veal Parmesan OR Pecan Crusted Tilapia, noodles, spinach, Texas caviar bean salad, tropical fruit.