

Senior Care & Activities Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Noodle Soup 6 oz Sliced Turkey 4 oz with Gravy Wild Rice Stuffing 4 oz Peas & Carrots 4 oz Romaine & Tomato Salad 4 oz Mixed Bridge Roll 1 ea Sugar Free Ice Cream Cup 8 oz Milk	2 Lentil & Bean Soup 6 oz Lemon Chicken Fillet 4 oz Cornbread Dressing 4 oz Mixed Chopped Greens 4 oz Whole Wheat Dinner Roll 1 ea Cucumber & Tomato Salad 4 oz Sugar Free Cookies 8 oz Milk	3 Cream of Mushroom Soup 6 oz Stuffed Cabbage 4 oz Mashed Potatoes 4 oz Green Beans 4 oz Romaine & Tomato Salad 4 oz Pumpernickel Bread 1 sl ea Del. Fruit Salad in Nat. Juice 4 oz 8 oz Milk	4 Chicken Orzo Soup 6 oz Baked Meatloaf 4 oz w/gravy Baked Sweet Potato 4 oz California Blend Vegetables 4 oz Romaine & Tomato Salad 4 oz Mixed Bridge Roll 1 ea SF Fruited Jello 4 oz 8 oz Milk	5 Minestrone Soup 6 oz Turkey Pot Roast 4 oz with Gravy & Cranberry Sauce Oven Roast Red Bliss Potato 4 oz Peas and Carrots 4 oz Romaine & Tomato Salad 4 oz Sugar Free Ice Cream Cup 8 oz 1% Milk
8 Vegetable Rice Soup 6 oz Meatballs -2 ea (4 oz) with Mushroom Gravy Egg Noodles 4 oz French Green Beans 4 oz Dinner Roll 1 ea Italiano Salad 4 oz Angel Food Cake 8 oz Milk	9 Split Pea Soup 6 oz Eggplant Rotini- 1pc -2 oz Meatball 2 oz w/Red Sauce Broccoli & Cauliflower 4 oz Italian Bread 1 sl ea Romaine & Tomato Salad 4 oz Del Fruit Salad in Nat. Juice 4 oz 8 oz Milk	10 Butternut Squash Soup 6 oz Breaded Chicken Fillet 4 oz Penne with Red Sauce 4 oz Chopped Broccoli 4 oz Romaine & Tomato Salad 4 oz Mixed Bridge Roll 1 ea Sugar Free Ice Cream Cup 8 oz Milk	11 Chicken Vegetable Soup 6 oz Beef Pot Roast 4 oz with Gravy Mashed Potatoes 4 oz Mixed Vegetables 4 oz Romaine Salad 4 oz Pumpernickel Bread 1 sl ea Del. Fruit Salad in Nat. Juice 4 oz 8 oz Milk	12 Turkey Rice Soup 6 oz Breaded Fish Filet 4 oz Sweet Potato Wedges 4 oz Mixed Vegetables 4 oz Pumpernickel Bread 1 sl ea Romaine & Tomato Salad 4 oz 8 oz Milk Sugar Free Cookies Alternate: Chicken Fillet 4 oz
15 Beef Orzo Soup 6 oz Stuffed Pepper 4 oz Baked Potato 4 oz Italian Flat Beans 4 oz Romaine & Tomato Salad 4 oz Italian Bread 1 sl ea Canned Pears in Fruit Juice 4 oz 8 oz Milk	16 Chicken Noodle Soup 6 oz Roasted Chicken Fillet 4 oz With Marsala Sauce Brown Rice 4 oz Whole Baby Carrots 4 oz Romaine & Tomato Salad 4 oz Whole Wheat Dinner Roll 1 ea Sugar Free Cookies 8 oz Milk	17 Happy St. Patrick's Day Beef Barley Soup 6 oz Corned Beef 4 oz Boiled Potatoes & Carrots 4 oz Cabbage 4 oz Romaine & Tomato Salad 4 oz Mixed Bridge Roll 1 ea Green Angel Food Cake 8 oz Milk	18 Italian Wedding Soup 6 oz Sliced Turkey 4 oz with Gravy Wild Rice Stuffing 4 oz Peas & Carrots 4 oz Romaine & Tomato Salad 4 oz Mixed Bridge Roll 1 ea Sugar Free Ice Cream Cup 8 oz Milk	19 Cream of Broccoli Soup 6 oz Breaded Fish Filet 4 oz Steamed Carrots 4 oz Seasoned Rice 4 oz Cucumber Salad 4 oz Whole Wheat Roll 1 ea Peaches in Natural Juice 4 oz 8 oz Milk Alternate: Chicken Filet 4 oz
22 Vegetable Noodle Soup 6 oz Hamburger 4 oz on a Bun California Mixed Vegetables 4 oz Oven Roast Potatoes 4 oz Lettuce Leaves, Onion & Tomato Slices 4 oz Sugar Free Ice Cream Cup 8 oz Milk	23 Lentil & Bean Soup 6 oz Boneless Cent Cut Pork Chop 4 oz w/Cinnamon Apple Glaze Brown Rice 4 oz Chopped Spinach 4 oz Whole Wheat Roll 1 ea Romaine & Tomato Salad 4 oz Sugar Free Cookies 8 oz Milk (Alternate: Chicken Fillet 4 oz)	24 Beef Orzo Soup 6 oz Beef Stew 4 oz Mashed Potatoes 4 oz Glazed Carrots 4 oz Pumpernickel Bread 1 sl ea Romaine & Tomato Salad 4 oz Del Fruit Salad in Nat. Juice 4 oz 8 oz Milk	25 Navy Bean Soup 6 oz BBQ Shredded Pork 4 oz Random Cut Roast Potatoes 4 oz Glazed Carrots 4 oz Hamburger Roll 1 ea Romaine & Tomato Salad 4 oz Sugar Free Ice Cream 8 oz Milk Alternate: Chicken Fillet 4 oz	26 Corn Chowder 6 oz Eggplant Rotini- 1pc -2 oz Meatball 2 oz w/Red Sauce Broccoli & Cauliflower 4 oz Italian Bread 1 sl ea Romaine & Tomato Salad 4 oz Angel Food Cake 8 oz Milk
29 Cream of Chicken Soup 6 oz Sliced Turkey 4 oz w/Gravy Wild Rice Stuffing 4 oz Peas & Carrots 4 oz Romaine & Tomato Salad 4 oz Mixed Bridge Roll 1 ea Sugar Free Ice Cream Cup 8 oz Milk	30 Minestrone Soup 6 oz Lemon Chicken Fillet 4 oz Cornbread Dressing 4 oz Mixed Chopped Greens Whole Wheat Dinner Roll 1 ea Cucumber & Tomato Salad 4 oz Sugar Free Cookies 8 oz Milk	31 Potato Leek Soup 6 oz Stuffed Cabbage 4 oz Mashed Potatoes 4 oz Green Beans 4 oz Romaine & Tomato Salad 4 oz Pumpernickel Bread 1 sl ea Del Fruit Salad in Nat. Juice 4 oz 8 oz Milk	<u>Daily Alternates Available:</u> Meat, Vegetarian and Non- Dairy sandwiches Veggie Burgers & Cutlets	
				<u>Daily Beverage Choices:</u> 8 oz 1% Milk 8 oz 1%Chocolate Milk 8 oz Nonfat Lactaid Milk Asst. 100% Fruit Juice 4 oz Coffee, Tea