



MARCH | 2020

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine 5	3 Sliced Turkey & Gravy Stuffing Green Beans Cali Blend Cranberry Sauce Dinner Roll & Margarine 7	4 Old Fashioned Meat Loaf Mashed Potato Peas Normandy Veggies Peaches Sweet Bread 5	5 Walking Taco Mexican Rice Corn & Peppers Fresh Fruit 7	6 Homemade Mac and Cheese Side Salad Asparagus Beets Pears 5
9 Pea Soup & Ham Cauliflower Corn Ambrosia 6	10 Stuffed Chicken Rice Pilaf Broccoli Carrots Fresh Fruit 5	11 Hamburger on a Bun Baked Beans Broccoli Carrots Diced Pears 6	12 Salisbury steak Mashed Potatoes Peas Fruit Cocktail Fruit Cobbler 8	13 Citrus Salmon Brown Rice Lima Bean Coleslaw Mandarin Oranges 6
16 BBQ Wings Potatoes Sautéed Cabbage Tomato Salad Fruited Jell-O 5	17 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8	18 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll & Margarine 7	19 AgeWell Closed	20 Cheese Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7
23 Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6	24 Chicken Diane White Rice Succotash Beets Applesauce 4	25 Cabbage Roll Au Gratin Potatoes Peas & Carrots Mandarin Oranges Dinner Roll & Margarine 6	26 Sliced Ham Sweet Potatoes Broccoli Pineapple Tidbits Birthday Cake 7	27 Quiche Red Skin Potatoes Cauliflower Side Salad Apricots Muffin & Margarine 6
30 Chili Con Carne Crackers Wax Beans Peas Tropical Fruit Shredded Cheese 5	31 Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce 6	1	2	3 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

Menu

Includes Low Fat Milk

Meals Include 1/3 of the
 Recommended Daily
 Allowance (RDA)

Meals Subject to Change

Special Events

March 19: AgeWell
 Closed for Training

March 26:
 Birthday Celebration