



MARCH | 2023

Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27*** 1 carb count = 15g of carbohydrates</p>	<p>28</p>	<p>1 Beer Battered Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p>2 Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4</p>	<p>3 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>
<p>6 Meatloaf & Gravy Mashed Potatoes Peas Normandy Blend Peaches Sweet Bread W/Margarine 5</p>	<p>7 Crispy Baked Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin W/Margarine 5</p>	<p>8 Homemade Mac & Cheese Side Salad Asparagus Beets Pears 5</p>	<p>9 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p>10 Sliced Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Cranberry Sauce Dinner Roll W/ Margarine 7</p>
<p>13 Hamburger Wheat Burger Bun Baked Beans Broccoli Pears 6</p>	<p>14 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6</p>	<p>15 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5</p>	<p>18 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cocktail Birthday Cake 8</p>	<p>17 Pea Soup & Ham Cauliflower Corn Ambrosia 6</p>
<p>20 BBQ Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>21 Pork Chops & Gravy Mashed Potatoes Peas Diced Peaches Wheat Bread/Margarine 4</p>	<p>25 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8</p>	<p>23 AGEWELL CLOSED</p>	<p>24 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newtons 7</p>
<p>27 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Roll/Margarine 6</p>	<p>28 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6</p>	<p>29 Frittata Red Roasted Potatoes Cauliflower Side Salad Apricots Muffin/Margarine 6</p>	<p>30 Chicken Diane White Rice Succotash Beets Applesauce 4</p>	<p>31 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

3-16 Birthday Celebration

**3-23 AgeWell Closed for
Training**


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