



# MARCH | 2025

## Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Hamburger Hamburger Bun Baked Beans Broccoli Diced Peas 6	<b>4</b> Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6	<b>5</b> Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5	<b>6</b> Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8	<b>7</b> Pea Soup with Ham Cauliflower Corn Ambrosia 6
<b>10</b> Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp 8	<b>11</b> Pork Chops & Gravy Mashed Potatoes Peas Peaches Wheat Bread/Margarine 4	<b>12</b> Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7	<b>13</b> S & S Meatballs White Rice Wax Beans Spinach Ambrosia Wheat Roll/Margarine 7	<b>14</b> Chicken Wings Baked Potato Sautéed Cabbage Tomato Saad Fruit Jell-O 5
<b>17</b> Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6	<b>18</b> Frittata Red Roasted Potatoes Cauliflower Side Salad Apricots Muffin/Margarine 6	<b>19</b> Chicken Diane White Rice Root Blend Veggies Beets Applesauce 4	<b>20</b> Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Roll/Margarine 6	<b>21</b> Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7
<b>24</b> Pork Chop Suey White Rice Broccoli Squash Ambrosia Wheat Bread/Margarine 7	<b>25</b> Garlic & Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5	<b>26</b> Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5	<b>27</b> Pot Roast Mashed Potatoes Cali Blend Veggies Green Beans Fruited Yogurt Birthday Cake 6	<b>28</b> Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6
<b>31</b> Scalloped Potatoes & ham Mixed Veggies Fruit Cobbler Fruited Yogurt 8	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> carb count = 15g of carbohydrates

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**3-27 Birthday Celebration**



231-755-0434  
 800-442-6769  
[www.agewellservices.org](http://www.agewellservices.org)