



MARCH | 2026

HDM Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf Mashed Potatoes & Gravy Peas Cali Blend Peaches Sweet Bread/Butter 5	3	4 Sliced Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Cranberry Sauce Dinner Roll/Butter 7	5	6 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Butter 5
9 Hamburger Hamburger Bun Baked Beans Broccoli Pears 6	10	11 Pea & Ham Soup Cauliflower Corn Ambrosia 6	12	13 Italian Chicken Breast Brown rice Green Beans Beets Mandarin Oranges Dinner Roll/Butter 6
16 S & S Meatballs Egg Noodles Wax Beans Spinach Ambrosia Dinner Roll/Butter 7	17	18 Chicken Wings Baked Potato Sautéed Cabbage Tomato salad Fruited Jell-O 5	19	20 Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp 8
23 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6	24	25 Cabbage Rolls Au Gratin Potatoes Peas & carrots Mandarin Oranges Birthday Cake 6	26 AgeWell Closed	27 Chicken Diane White Rice Succotash Beets Applesauce 4
30 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5	31	1	2	3 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**

**3/25 Birthday Celebration
3/26 AgeWell Closed for
Training**



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