



# March 2019

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146

## Add LIFE Senior Dining Menu

	Tuesday	Wednesday	Thursday	Friday
				<b>1 Breaded Fish</b> California Blend Veggies Petite Diced Sweet Potatoes Raspberry Cottage Cheese Parfait
<b>4 German Day</b> <b>Rindergrulash</b> Egg Noodles & Vegetables Red Cabbage Fruited Yogurt	<b>5 Broccoli Stuffed Chicken</b> Mashed Sweet Potatoes Creamed Mixed Vegetables Fruit Cup Pistachio Pudding	<b>6 Poor Man's Lobster</b> Calico Baked Beans Broccoli and Carrots Fruit Cake and Ice Cream	<b>7 Apricot Glazed Ham</b> Au Gratin Potatoes Italian Green Beans California Pasta Salad Peanut Butter Cup Dessert	<b>8 Roasted Tomato Soup</b> Egg Salad Sandwich Cucumbers / Dip Mixed Fruit Cup
<b>11 BBQ Chicken Breasts</b> Garden Blend Rice w/ Veggies Diced Beets Cake With Fruit	<b>12 Asian Day</b> <b>Mandarin Beef &amp; Broccoli</b> Zoodle Lo Mein Edamame salad Strawberry Cup	<b>13 Cranberry Meatballs</b> Diced Red Potatoes Capri Blend Veggies Watermelon Cookie	<b>14 Gr Beef and Green Bean Casserole</b> Tater Tots Confetti Corn Coconut Cream Pie	<b>15 Closed</b> <b>Nutrition Staff Training</b>
<b>18 Corned Beef</b> Potatoes O'Brien Cabbage, Carrots, Rutabagas Creamed Cucumbers Strawberry Sundae Crunch	<b>19 Veggie Wrap</b> Chicken Cordon Bleu Salad String Cheese Dried Fruit Funnel Cake Fries	<b>20 Sweet and Sour Chicken</b> Mixed Vegetables Rice Noodle salad Apricots	<b>21 Gr Beef and Gravy</b> Mashed Potatoes Spring Blend Veggies Orange Wedges Cake	<b>22 Baked Cod</b> Red Grain Couscous Salad Bean Medley Caramelized Spiced Pears Sherbet
<b>25 Cream of Potato Soup</b> Hot Ham/Cheese Croissant Loaded Side Salad Fruit Pizza	<b>26 Liver and Onions</b> Sugar Snap Peas Wild Rice Vegetable Blend Macaroni Caesar Salad Cherry Pie	<b>27 Santa Fe Salad</b> Lettuce, Fajita Steak Strips, Beans, Tomatoes, Blk Olives, Peppers, Cheese Apple Slices	<b>28 Deviled Pork Chop</b> Rosemary Roasted Potatoes Edamame Succotash Baby Carrots Pretzel Dessert	<b>29 Butternut Squash Ravioli</b> Broccoli String Cheese Sweet Bean Salad Fruited Pistachio Fluff