



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-MARCH-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Breaded Crumb Fish Filet Sweet Potato Fries Prince Edward Blend Vegetables 100% Whole Wheat Bread Mixed Fruit	2	Chicken Brunswick Stew w/Potatoes Whole Baby Carrots Mixed Salad Greens w/Tomatoes/Cucumbers Italian Dressing Homemade Biscuit Fresh Fruit	3	Roast Beef w/Vegetable Gravy Garlic Smashed Potatoes Sliced Carrots Oatnut Bread Sliced Peaches	4	Macaroni & Cheese Stewed Tomatoes & Zucchini Mixed Salad Greens w/Cucumbers/Cherry Tomatoes French Dressing Wheat Dinner Roll Fresh Fruit
		7	Turkey Meatballs in Sweet & Sour Sauce Fluffy White Rice Vegetable Medley 12-Grain Bread Pineapple Tidbits	8	Orange-Pineapple Juice Apple Glazed Roast Ppork Loin Scalloped Potatoes Spinach Rye Bread Ice Cream Cup	9	Stuffed Green Pepper w/Rice & Meat Sauce Caribbean Blend Vegetables 100% Whole Wheat Bread Fruit Cocktail	10	Hearty Vegetable Soup Beef Liver w/Extra Sauteed Onions Mashed Potatoes Seasoned Broccoli Saltines Wheat Dinner Roll Fresh Fruit
14	Breaded Pork Steak w/Gravy Parslied Noodles Scandinavian Blend Vegetables Wheat Bread Sliced Peaches	15	Chicken Vegetable Soup Oven Fried Chicken Baked Beans Wheat Dinner Roll Sliced Apples	16	Fish Florentine Confetti Rice Creamed Spinach 12-Grain Bread Fresh Orange	17	ST. PATRICK'S DAY MEAL Orange Juice Corned Beef Cabbage Parslied Boiled Potatoes Whole Baby Carrots Mustard Rye Bread Special Dessert	18	Chicken Jubilee Rice Pilaf Mixed Vegetables 100% Whole Wheat Bread Mixed Fruit
21	Orange-Pineapple Juice Salisbury Steak w/Gravy Scalloped Potatoes Prince William Blend Vegetables Oatnut Bread Apple Oatmeal Bar	22	Lemon Lentil Soup w/Greens Cheesy Vegetable Lasagna Mixed Salad Greens w/Cherry Tomatoes & Cucumbers Ranch Dressing Wheat Bread Sliced Pears	23	Grape Juice Chicken Pot Pie w/Peas & Carrots Black Bean & Spinach Salad Fresh Orange	24	CRT HOLIDAY MEAL Cran-Apple Juice Baked Ham w/Pineapple Sauce Baked Sweet Potato Peas & Carrots Wheat Dinner Roll Special Dessert	25	CLOSED IN OBSERVANCE OF GOOD FRIDAY
28	Minestrone Soup Grande Cheese Ravioli Spinach Salad w/Mandarin Oranges & Sliced Almonds Raspberry Vinaigrette Dressing Dinner Roll Pineapple Tidbits	29	Grape Juice Alaskan Pollock w/Seafood Sauce Orzo Pilaf Beets Rye Bread Fruited Gelatin w/Whipped Topping	30	Orange Juice Shepard'sPie w/Hamburger Meat Mashed Potatoes Corn Wheat Dinner Roll Sliced Apples	31	NATIONAL ORANGES & LEMONS DAY Pineapple-Orange Juice Chicken Lo Mein Oriental Rice Lo Mein Vegetables 100% Whole Wheat Bread Lemon Pudding Tart w/Whipped Topping		

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**