

The MENU

MARCH 2010

Coleman: 465-6216

Greendale: 832-8683

Happy Diners: 835-6891

Mills: 689-7776

Sanford: 687-7888

Trailside: 633-3790

Call the number of the Senior Center you plan to attend to make lunch reservations.

1 Chili w/Black Beans 27 Baked Potato 23 Corn Muffin 25 Red Delicious Apple 20 Margarine Milk 13	2 Polish Sausage 1 Penne 21 w/Alfredo Sauce 7 Broccoli 5 Tossed Salad 3 Grapes 16 Ultimate Cookie 22 Milk 13	3 Glazed Pork Chop 16 Mashed Sweet Potatoes 30 Green Beans 7 Hot Cinnamon Applesauce 18 Veggie Bread 22 Milk 13	4 Swiss Chicken 8 Parsley Potatoes 20 California Blend Veg 7 Strawberry Parfait 26 Wheat Roll 17/Margarine Milk 13	5 Roast Beef 1 w/Tom Gravy 1 Cauliflower 4 Brown Rice 35 Broccoli Citrus Salad 12 Wheat Roll 17 Peach Pie 43 Milk 13
8 Ginger Glazed Pork Wing 15 Caribbean Blend Veg 9 Garden Brown Rice 22 Carrot & Raisin Salad 19 Raisin Walnut Cookie 25 Pineapple Tidbits 14 Milk 13	9 Chicken Parmesan 9 Penne 21 Tossed Salad 3 Pineapple Pudding Parfait 36 Bread Stick 23 Milk 13	10 Mini Brat on Bun 13 Veg Beef & Barley Soup 15 Peas & Cauliflower Salad 12 Burst 'o Berries 10 Yellow Cake/Choc Frst 48 Milk 13	11 Mushroom Swiss Burger 2 Oven Browned Potatoes 20 Spinach Salad 1 Granola Top Apples 39 Hamburger Bun 28 Milk 13	12 Tortilla Crunch Tilapia 24 Malibu Blend Veg 8 Apple Raisin Coleslaw 21 Ambrosia Salad 30 Wheat Roll 17 Milk 13
15 Raspberry Ranch Chicken 6 Mashed Potatoes 14 Peas 23 Pineapple Tidbits 14 Rye Bread 21/Margarine Milk 13	16 Roast Pork 1 Parsley Potatoes 20 Carrots 11 Stewed Apples 34 Cinnamon Roll 44 Milk 13	17 St. Patrick's Day Corned Beef Cooked Cabbage 5/Carrots 11 Red Potatoes 20 Pistachio Fluff 44 Rye Bread 21 Shamrock Cookie 23 Milk 13	18 Sweet & Sour Chicken 13 Maui Blend Veg 10 Sweet Potato Patties 23 Mandarin Oranges 12 Lemon Meringue Pie 45 Wheat Bread 14/Margarine Milk 13	19 Vegetable Lasagna 28 Prince Charles Veg 8 Spinach Salad 1 White Cake w/Strawberries 52 Wheat Roll 17 Milk 13
22 Asian Chicken 14 Fried Rice 37 Asian Blend Veg 9 Sweet Cherry Parfait 42 Milk 13	23 Roast Beef 1 Mashed Potatoes 14 California Blend Veg 7 Wheat Roll 17 Fresh Fruit Cup 10 Oat Cookie 17 Milk 13	24 Chicken Ala King 13 Red Potatoes 20 Wheat Biscuits 19 Cantaloupe 8 Raspberry Pie 44 Milk 13	25 Meatballs & Spaghetti 51 Zucchini Squash 1 Spinach Salad 1 French Bread Roll 16 Red Grapes 16 Milk 13	26 Fish Almandine 12 Red Potatoes 20 Carrots 11 Fruit Cup 17 Honey Bran Muffin 31 Milk 13
29 Grilled Chicken/Chutney 23 Whole Green Beans 5 Penne 21 Mandarin Oranges 12 Carrot Cake 41 Milk 13	30 Pub Burger Lettuce, Tomato, Onion 12 Red Potato Wedges 20 Fruit Cup 17/Oat Cookie 17 Hamburger Bun 28 Mustard & Ketchup Milk 13	31 Roast Pork 1 w/Stuffing 17 Sweet Potato 23 Coleslaw 8 Hot Cinnamon Applesauce 18 Wheat Roll 17 Milk 13	1 April Easter Dinner Baked Ham 2 Scalloped Potato 23 Green Bean Casserole 12 Orange Cream Cake 29 Ambrosia 30 Wheat Roll Milk 13	2 Closed for the Holiday

Menus subject to change without notice. ▪ HDM Hotline: Call 633-3789 for changes in delivery by 9:00am ▪ Reservations are required. Please call.
Numbers after each menu item indicate the number of carbohydrates in grams for that item.

Lenten Center Specials

We will always offer a meatless meal at the Centers on Fridays during Lent. Please request this if fish is not on the planned menu.

Meal Options For Dining In at Trailside Only In addition to the regular menu listed above, Trailside center location also offers an additional meal option. A different selection is offered each week. The options for March are as follows:

March 1-5: Hamburger Barley Soup, ½ Egg Salad Sandwich, Lettuce, Tomato, Vegetables, Fruit, Dessert

March 8-12: Tomato Soup, Grilled Cheese, Lettuce, Tomato, Vegetables, Fruit, Juice, Dessert

March 15-19: Chicken Nacho Soup, ½ Turkey Sandwich, Lettuce, Tomato, Vegetables, Fruit, Dessert

March 22-26: Potato Soup, ½ Ham & Swiss on a Pretzel Roll, Lettuce, Tomato, Vegetables, Fruit, Dessert

March 29-April 2: Chefs Choice, ½ Egg Salad Sandwich, Lettuce, Tomato, Vegetables, Fruit, Dessert

All reservations must be made by 9:00am.

For Dining In at Sanford Only In addition to the regular menu listed above, Sanford center location also offers the daily meal option of Grilled Chicken or Chef Salad

Lunch Entertainment for March

Mar. 2 Jerry Schafer	Coleman 11:00am	Mar. 17 Sunshine String Band	Mills 11:00am
Mar. 3 Jolly Hammers & Strings	Happy Diners 11:00am	Mar. 17 Dale Hafer	Coleman 11:00am
Mar. 4 Randy Capen	Sanford 11:00am	Mar. 17 Easy Goin'	Greendale 11:00am
Mar. 5 Good Times Music	Mills 11:00am	Mar. 19 Sunshine String Band	Sanford 11:00am
Mar. 8 Jim Lepeak	Coleman 11:00am	Mar. 19 The Schraders	Mills 11:00am
Mar. 9 Jim Lepeak	Mills 11:00am	Mar. 23 Gospel Sing Along	Happy Diners 11:00am
Mar. 9 Gary Jones, Gospel Music	Trailside 11:00am	Mar. 23 Happy Trails Drama Troupe	Mills 12:30pm
Mar. 10 Dave Shaffer	Greendale 11:00am	Mar. 23 Good Times Band	Coleman 11:00am
Mar. 11 Key of Mercy	Sanford 11:00am	Mar. 23 Sunshine String Band	Trailside 11:00am
Mar. 12 Paul Wilkinson	Coleman 11:00am	Mar. 24 Good Times Music	Greendale 11:00am
Mar. 16 Sunshine String Band	Happy Diners 11:00am	Mar. 25 Good Times Music	Sanford 11:00am
Mar. 16 Rally	Trailside 11:00am	Mar. 25 Happy Trails Drama Troupe	Happy Diners Noon
Mar. 17 Jim Lepeak	Happy Diners 11:00am	Mar. 30 Happy Trails Drama Troupe	Coleman 12:30pm