

MENU

MARCH 2019

Coleman: 465-6216

Greendale: 832-8683

Mills: 633-3788

Sanford: 687-7888

Trailside: 633-3790

**Call the number of the Senior Center you plan to attend to make lunch reservations.
All reservations must be made by 9:00am.**

4 Turkey Pot Roast 5 Mashed Potatoes 16 California Blend Veggies 6 Carrot Apple Salad 16 Red Grapes 16 Wheat Roll 11	5 Meatloaf 14 Gravy 4 Mashed Potatoes 16 Wax Beans 9 Orange 22 Nugget Roll 15	6 Tuna Casserole 35 Caribbean Blend Veggies 7 Spinach Romaine Salad 3 Strawberry Parfait 30 Pumpernickel Bread 14	7 Pork Marsala 3 German Noodles 30 Green Beans 6 Cuke & Tomato Salad 5 Peaches 14 No Bake Cookie 23	8 Pollock Fillet 19 Baked Potato 28 Broccoli 5 Coleslaw 8 Blueberry Parfait 32
11 Roast Pork 1 & Gravy 2 Mashed Potatoes 6 Brussel Sprouts 9 Hot Cinnamon Applesauce 13 Pumpernickel Bread 14 Turtle Cookie 22	12 Swedish Meatballs 17 Mashed Potatoes 16 Green Beans 6 Oranges & Cranberries 25 Savory Garlic Bread 14	13 Cheese Tortellini with Meat Sauce 36 Normandy Blend Veggies 6 Tossed Bruschetta Salad 8 Green Grapes 16 Garlic Toast 11 Oatmeal Cookie 23	14 Autumn Apple Chicken 28 Roasted Sweet Potatoes 17 Apple Cranberry Coleslaw 14 Fruit Cocktail 14 Nugget Roll 15	15 St Patrick's Day Meal Corned Beef, Cabbage & Carrots 14 Parsley Potatoes 20 Pistachio Fluff 32 Pumpernickel Bread 21 Shamrock Cookie 26
18 Crispy Chicken 14 Gravy 3 Cauliflower Potatoes 8 Roasted Butternut Squash 22 Plums 16 Wheat Roll 11	19 BBQ Pork Wing 14 Mac & Cheese 12 Normandy Blend Veggies 6 Apple Cranberry Coleslaw 14 Diced Pears 17 Ultimate Cookie 22	20 Roast Beef 1 & Gravy 3 Mashed Potatoes 16 Roasted Baby Carrots 9 Strawberries & Cherries 11 French Bread Roll 18 Brownie 26	21 Chicken Fajita 10 Spanish Rice 16 Peach & Corn Salsa 20 Tropical Fruit 13 Tortilla Shell 20	22 Breakfast Ham 3 Scrambled Eggs w/ Peppers & Onions 2 Cheesy Potatoes 19 Apples & Peanut Butter 20 Cinnamon Roll 28
25 Swiss Steak 7 Mashed Potatoes 16 Peas & Carrots 11 Apple 26 Rye Bread 16	26 Creamy Chicken 5 Dressing 11 Red Skin Potatoes 20 California Blend Veggies 6 Green Grapes 16 Pumpkin Muffins 37	27 Turkey Meatballs 9 Alfredo Sauce 8 Fettuccine 24 Broccoli 5 Peaches 14 Bread Stick 14	28 Pork Curry 12 Brown Rice 23 Sicilian Blend Veggies 4 Pineapple & Fruit Mix 10 Naan Bread 21	29 Oven Baked Fish 8 Garlic Mashed Potatoes 17 Northwest Veggies 6 Mixed Fruit Cup 12 Nugget Roll 15 Banana Cookie 28

**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. Milk (13) is served at each meal.**

Dinner

Meals on Wheels Only

MARCH 2019

4 Chicken Waldorf Salad 8 Confetti Bean Salad 20 Fruit Cup 14 Clementine 9 Rye Bread 16	5 Dinner Ham & Cheese 4 Lettuce, Tomato & Onion 3 Cranberry Walnut Bread 31 3 Bean Salad 17 Plums 16	6 Egg Salad 7 Hamburger Bun 25 California Blend Veggies 8 Oranges & Pineapples 14 Sugar & Spice Cookie 28	7 Chef Salad 12 Pickled Beets 16 Pears 17 Double Chocolate Muffin 35	8 Meatloaf 14 Veggie Bread 27 Broccoli Raisin Salad 11 Banana 27
11 Chicken Pasta Salad 25 Pea & Peanut Salad 10 Fruit Cocktail 14 Wheat Roll 11	12 Turkey & Cheese Lettuce & Tomato 3 Cranberry Walnut Bread 31 Confetti Bean Salad 20 Plums 16	13 Roast Pork 1 Rye Bread 30 Lettuce, Tomato & Onion 3 Cukes n' Crea 9 Apple 22	14 Tuna Pasta Salad 27 Tomato Salad 5 Banana 27 Carnival Cookie 18	15 Mexican Chicken Salad 25 Taco Chips 26 Salsa 8 Pineapple 14
18 Sub Sandwich 21 Lettuce, Tomato & Onion 3 3 Bean Salad 17 Strawberry Parfait 30	19 Egg Salad 7 Hamburger Bun 25 Tossed Salad 3 California Veggies 8 Pineapple & Fruit Mix 10	20 Tuna Apple Salad 9 Cuke & Tomato Salad 5 Naan Bread 21 Ambrosia Salad 28	21 Heavenly Layered Salad 14 Banana 27 Pumpkin Bran Muffin 36	22 Roast Beef 1 Wheat Bread 39 Potato Salad 16 Tossed Salad 3 Apricots 15
25 Almond Lemon Chicken 4 Flat Bread 16 Brown Rice Salad 26 Marinated Carrots 10 Pears 17	26 Turkey & Cheese Lettuce & Tomato 3 Hamburger Bun 25 Apple Cranberry Coleslaw 14 Orange 22 Peanut Butter Cookie 16	27 Cottage Cheese & Fruit Plate 39 Pea & Peanut Salad 10 Double Chocolate Muffin 35	28 Chicken Bean Salad 20 Pumpernickel Bread 14 Cucumber Carrot Salad 12 Applesauce 17 Coconut Crisp Cookie 17	29 Pork Sandwich 27 Lettuce & Tomato 2 Pineapple Coleslaw 21 Apple 26

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. Milk (13) is served at each meal.