

SENIOR CITIZENS MENU MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Sausage with BBQ Sauce Sliced Carrots Potato Salad Tropical Fruit Whole Wheat Bread Choice of Milk	3 Chicken Fried Steak with Cream Gravy Whipped Potatoes California Mixed Vegetables Iced Carrot Cake Dinner Roll Choice of Milk	4 Salisbury Steak with Gravy Steamed Corn Cucumber Tomato Salad Cherry Jubilee Cookies Whole Wheat Bread Choice of Milk	5 Chili Bean Soup Pimiento Cheese Sandwich Sliced Pears Gelatin with Topping Choice of Milk	6 Swiss Steak Whipped Potatoes Mixed Vegetables Banana Pudding Whole Wheat Bread Choice of Milk
9 Chicken Strips with Cream Gravy Whipped Potatoes Peas and Carrots Sliced Peaches Whole Wheat Bread Choice of Milk	10 Hamburger on a Bun Lettuce, Tomato, Onion, Pickle, Mustard, Catsup French Fries Strawberry Shortcake with Topping Choice of Milk	11 Tostado with Beef, Beans, Cheese, Lettuce, Tomato, Salsa, Sour Cream, Jalapenos Sliced Peaches Orange Sherbet Choice of Milk	12 Spaghetti with Meat Sauce Seasoned Green Beans Chilled Juice Chocolate Brownie Cookies Garlic Bread Choice of Milk	13 Fried Fish with Tartar Sauce Baked Beans Creamy Coleslaw Lemon Pudding Swirl Whole Wheat Bread Choice of Milk
16 Chicken Fried Steak with Cream Gravy Whipped Potatoes Mixed Vegetables Cinnamon Applesauce Dinner Roll Choice of Milk	17 St Patrick's Day Irish Stew Pears with Cheese Lime Shamrock Cake Fresh Baked Cornbread Choice of Milk 	18 Teriyaki Chicken served with Eggroll Rice Pilaf Green Peas Pineapple Chunks Choice of Milk	19 Meatball Stroganoff over Noodles Zucchini Squash Mixed Green Salad with Dressing Vanilla Ice Cream Whole Wheat Bread Choice of Milk	20 Chicken Cacciatore Sliced New Potatoes California Vegetables Chocolate Chip Cookies Whole Wheat Bread Choice of Milk
23 Savory Meatloaf Yellow Hominy Mixed Green Salad with Dressing Fruit Cocktail Whole Wheat Bread Choice of Milk	24 Sliced Turkey with Gravy Baked Yam Green Peas Apple Jubilee Whole Wheat Bread Choice of Milk	25 Mexican Casserole Buttered Hominy Salsa, Sour Cream, Jalapenos Chilled Juice Sugar Cookies Choice of Milk	26 BIRTHDAYS Peppered Beef Tips with Tomatoes served over Rice Fried Okra Birthday Cake Dinner Roll Choice of Milk 26	27 Sliced Ham Corn Pudding Zucchini Squash Tropical Fruit Salad Whole Wheat Bread Choice of Milk
30 Beef Rice Casserole Seasoned Green Beans Chilled Mandarin Oranges Vanilla Ice Cream WholeWheat Bread Choice of Milk	31 Tuna Salad Plate with Lettuce, Tomato Wedges, Pineapple Lemon Gelatin Cake Saltine Crackers Choice of Milk			

ROSE PARK SENIOR CENTER
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.
TAKE-HOME MEALS 12:15 P.M. TO 12:30 P.M.

COBB, G.V. DANIELS, SEARS
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.
TAKE-HOME MEALS 12P.M. TO 12:15 P.M.

MENUS SUBJECT TO CHANGE WITHOUT NOTICE