





MARCH 2017 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bean & Cheese Burrito Hi C Salad Spanish Rice Applesauce	2 Meatballs in Beef Gravy Mashed Potatoes Wheat Bread Diced Peaches	3 Vegetarian Enchilada Casserole California Mixed Veggies Diced Pears
6 Frankfurter Hot Dog Chili Beans Sliced Apples 	7 Cheeseburger Potato Wedges Tropical Fruit	8 BBQ Chicken Thigh Sweet Potato Hi C salad Wheat Bread Pineapple Bits	9 Meatloaf W/Gravy Peas & Carrots Mashed Potatoes Dinner Roll Mixed Fruit	10 Breaded Fish Mixed Veggies Rice Pilaf Wheat Roll Applesauce
13 Swiss Beef Patty Mashed Potatoes Wheat Bread Apricots	14 Spaghetti W/Meatballs Hi C Salad Raisins	15 Beef Stroganoff Tossed Salad Fruited Jell-O	16 Chicken Thigh W/Mushroom Sauce Mixed Veggies Dinner Roll Applesauce	17 Corned Beef & Cabbage Obrien Potatoes Wheat Roll  Pineapple Bits
20 BBQ Pork Sandwich Broccoli Normandy Pineapple Bits	21 Seasoned Chicken Thigh Baked Potato Wheat Bread Mixed Fruit	22 Salisbury Steak W/Gravy Mashed Potatoes Wheat Bread Tropical Fruit	23 Hearty Beef and Veggie Stew Brown Rice, Wheat Bread Hi C Salad Diced Peaches	24 Macaroni & Cheese Vegetable Medley Diced Pears  Pudding
27 Pepper Steak W/Gravy Mashed Potatoes Wheat Bread Diced Peaches	28 Chicken Fettuccini Alfredo Hi C Salad Raisins	29 Polish Sausage Dog (Onion & Bell Pepper)  Peas & Carrots Tropical Fruit	30 BBQ Chicken Thigh Baked Sweet Potato Wheat Bread Diced Pears	31 Build Your Own Nachos (Chips, Beans & Cheese) Salad W/Broccoli Pineapple Bits

Funding through: Fresno-Madera Agency on Aging

All meals include low fat milk

Suggested donation \$1.75

Non Senior Rate \$ 4.94



Higher in salt