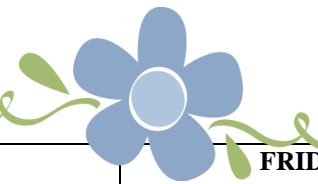




MARCH 2018 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 Higher in salt	1 Ham and Cheese Sandwich Potato Soup Raisins	2 Vegetarian Enchilada Casserole Tossed Salad Fruited Jell-O
5 Chili Verde Refried Beans Flour Tortilla Tropical Fruit	6 Beef and Vegetable Stew Brown Rice Hi C Salad Diced Peaches	7 Cheeseburger Potato Wedges Sliced Apples	8 Seasoned Chicken Thigh Sweet Potato Wheat Bread Mixed Fruit	9 Macaroni & Cheese Mixed Vegetables Pineapple Bits Lemon Pudding
12 Breaded Chicken Drumstick Sweet Potato Wheat Bread Diced Pears	13 Breaded Fish Tossed Salad Dinner Roll Pineapple Bits	14 Pepper Steak Mashed Potatoes Wheat Bread Diced Peaches	15 Chicken Fettuccini Alfredo Hi C Salad French Bread Tropical Fruit	16 Corned Beef & Cabbage Obrien Potatoes Wheat Roll Sliced Apples
19 Salisbury Steak Baked Potato Wheat Bread Pineapple Bits	20 Salami & Cheese Sandwich Vegetable Soup Orange	21 Spaghetti in Meatsauce Hi C Salad Diced Pears	22 Chicken Thigh in Mushroom Sauce Mixed Vegetables Wheat Bread Applesauce	23 Cheese Lasagna Tossed Salad Wheat Roll Diced Peaches
26 Hot Dog Chili Beans Tropical Fruit	27 BBQ Chicken Drumstick Baked Sweet Potato Hi C Salad Wheat Bread Pineapple Bits	28 Meatloaf Mixed Vegetables Mashed Potatoes Wheat Roll Mixed Fruit	29 Breaded Chicken & Cheese Sandwich Potato Salad Sliced Apples	30 Bean & Cheese Burrito Tossed Salad Diced Peaches

Funding through: Fresno-Madera Agency on Aging

All meals include low fat milk

Suggested donation \$1.50

Non Senior Rate \$ 4.40