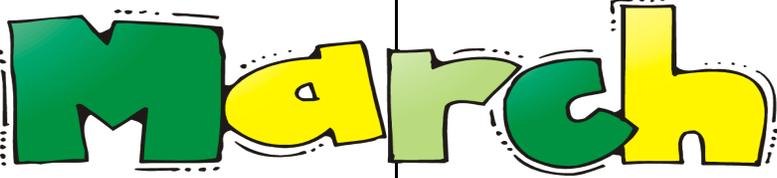


All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Noodle Soup w/ celery & carrots Grilled Cheese Sandwich Cooked Carrots Baked Apples Yogurt Wheat Crackers	3 BBQ Pork Chop Au Gratin Potatoes Brussel Sprouts Fruit Pea Salad	4 Pepperoni Pizza Peas Corn Fruit Cottage Cheese	5 Oven-Fried Chicken Brown Rice & Beans Broccoli Fruit	6 Cheeseburger on Wheat Bun Lettuce, Onion, Pickle Red Skin Potato Salad Baked Beans Fresh Fruit Pudding
9 Lemon Pepper Baked Fish Vegetable Rice Asparagus Fruit Cookie	10 Spaghetti w/ Meat Sauce Garlic Wheat Bread Italian Veggies Fruit Spinach Salad w/ Beets	11 Chef Salad Fresh Fruit Whole Wheat Roll	12 Beef Stir Fry Noodles Broccoli Fruit	13 Baked Ham Slice Sweet Potatoes Mixed Veggies Fresh Fruit Biscuit
16 Egg Salad on Wheat Bun Macaroni Salad Cherry Tomatoes Fruit Cottage Cheese	17 St. Patrick's Day Cabbage Soup w/ Beef Parsley Potatoes Green Beans Fresh Pear Cornbread Watergate Salad	18 BBQ Riblet Scalloped Potatoes Cauliflower Fruit Carrot Sticks	19 Grilled Chicken Fillet Rice Pilaf Roasted Zucchini/Squash Fruit Whole Wheat Roll	20 Sausage Gravy w/ Biscuit Egg & Cheese Omelet Hash Brown Fresh Fruit Salad Orange Juice
23 COOK'S CHOICE	24 Philly Cheesesteak Sub w/ peppers & onions Baked Fries California Blend Fruit Salad Greens w/ Tomatoes	25 Polish Sausage w/ Sauerkraut Boiled Potatoes Butter beans Fruit Wheat Bread	26 Roasted Turkey w/ Gravy Mashed Potatoes Spinach Fresh Fruit	27 Fish Fillet on Wheat Bun Macaroni & Cheese Lima Beans Fruit Coleslaw
30 Cheeseburger Soup w/ potatoes, carrots Spring Mix Salad Fruit Wheat Crackers	31 Chicken Strips Mashed Potatoes w/ Gravy Corn Fresh Fruit Celery Sticks w/ PB			NOTE: Please call the Romney Senior Center for any home delivered meal questions or concerns

If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open.
 If schools are dismissing early, we will be closed. You will be provided a frozen meal for the days we are closed.

MENU IS SUBJECT TO CHANGE