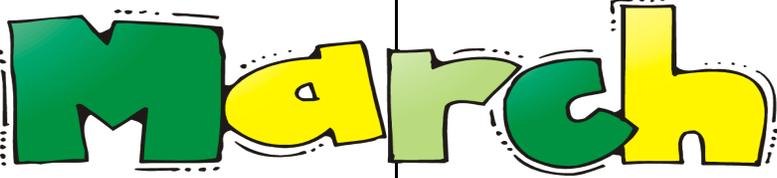


All meals include milk.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 BBQ Pork Chop Au Gratin Potatoes Brussel Sprouts Fruit Pea Salad	4	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	10 Spaghetti w/ Meat Sauce Garlic Wheat Bread Italian Veggies Fruit Spinach Salad w/ Beets	11	12 Beef Stir Fry Noodles Broccoli Fruit	13 Baked Ham Slice Sweet Potatoes Mixed Veggies Fresh Fruit Biscuit
16	17 St. Patrick's Day Cabbage Soup w/ Beef Parsley Potatoes Green Beans Fresh Pear Cornbread Watergate Salad	18	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	24 Philly Cheesesteak Sub w/ peppers & onions Baked Fries California Blend Fruit Salad Greens w/ Tomatoes	25	26 Roasted Turkey w/ Gravy Mashed Potatoes Spinach Fresh Fruit	27 Fish Fillet on Wheat Bun Macaroni & Cheese Lima Beans Fruit Coleslaw
30	31 Chicken Strips Mashed Potatoes w/ Gravy Corn Fresh Fruit Celery Sticks w/ PB			Center is open Tuesday, Thursday & Friday 1:30pm-3:30pm Meal served at 2:30pm
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.			MENU IS SUBJECT TO CHANGE	