




AGING & DISABILITY RESOURCE CENTER

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1				
<p>Suggested Contribution: \$5/meal.</p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p>				<p>Tuna Noodle Casserole Breadstick Irish Vegetable Blend Mandarin Oranges Pudding</p>
4	5	6	7	8
<p>Chicken & Wild Rice Casserole Broccoli & Cheese Sauce Breadstick Peaches & Pears</p>	<p>Pot Roast w/ Gravy Whole Grain Dinner Roll Parsley Red Potatoes Butternut Squash Three Bean Salad Mint Frosted Fudge Brownie</p>	<p>Sloppy Joe Baked Beans Potato Salad Banana Granola Bar</p>	<p>Chicken Booyah Whole Wheat Bread Garden Salad Pumpkin Bar</p>	<p>Egg & Cheese Breakfast Sandwich Warm Glazed Apples Cinnamon Apple Coffeecake Fruit Juice</p>
11	12	13	14	15
<p>Beef Stew Whole Grain Dinner Roll Peas Peaches Fruit Juice</p>	<p>Roasted Pork w/ Sauerkraut Whole Wheat Bread BBQ Pinto Beans Corn Oreo Cookies</p>	<p>Meatballs w/ Tomato Sauce Whole Grain Dinner Roll Whole Wheat Pasta Mixed Vegetables Cucumber Salad Fruited Gelatin</p>	<p>Chicken Cordon Bleu Brown Rice Broccoli Apple Coleslaw Pretzels</p>	<p>Vegetable Alfredo w/ Pasta Whole Grain Dinner Roll Glazed Carrots Frosted Lemon Cake</p>
18	19	20	21	22
<p>Bruschetta Chicken Whole Wheat Bread Lentils Beets Garden Salad Pudding</p>	<p>BBQ Pork Ribs Cornbread Garden Salad Warm Spiced Peaches String Cheese Lorna Doone Shortbread Cookies</p>	<p>Mushroom Swiss Burger Baked Potato Wedges Stewed Tomatoes Mixed Fruit</p>	<p>Asian Beef Whole Grain Dinner Roll Vegetable Fried Rice Glazed Carrots Mandarin Oranges</p>	<p>Baked Tilapia Rye Bread Roasted Garlic Potatoes Italian Vegetable Blend Fruited Gelatin</p>
25	26	27	28	29
<p>Chicken Fajitas Shredded Lettuce & Diced Tomatoes Black Beans & Rice Applesauce Pudding</p>	<p>Brown Sugar Glazed Ham Whole Wheat Bread Mashed Sweet Potatoes Corn Tropical Fruit Vanilla Frosted Spice Cake</p>	<p>Meatballs w/ Gravy Whole Grain Dinner Roll Brown Rice Peas Carrot Raisin Salad Orange</p>	<p>Chicken Parmesan Whole Grain Dinner Roll Whole Wheat Pasta Irish Vegetable Blend Pears Oatmeal Raisin Cookies</p>	<p>Corn Chowder Egg Salad Sandwich Garden Salad Rice Crispy Treat Fruit Juice</p>

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

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