

March

MEAAA House Springs Senior Center

636-677-4578

2018

Senior Center Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
				The suggested donation for all senior meals is \$4.00 All donations are appreciated!		1	Pork Roast w/ Gravy Sweet Potatoes Garden Salad Pineapple Crisp Wheat Roll	2	Potato Breaded Fish w/ Brown Rice Pilaf Capri Vegetables Brussels Sprouts Strawberry Applesauce Wheat Bread
5	Egg Frittata O'Brien Potatoes Fruit Juice Spiced Peaches Wheat Biscuit Vanilla Wafers	6	Mushroom Swiss Burger Braised Cabbage Seasoned Fries Fruit Cocktail Wheat Bun	7	Smothered Pork Chop w/ Onions & Gravy Baked Potato Broccoli Banana Dinner Roll Muffin	8	Breaded Chicken Sandwich Potato Wedges BBQ Baked Beans Apricots Wheat Bun	9	Cheese Ravioli w/ Italian Tomato Sauce Winter Blend Vegetables Italian Salad Apple Crisp Garlic Bread
12	Orange Chicken w/ Fried Rice Stir-Fry Vegetables Snap Peas Tropical Fruit Cup Wheat Bread	13	Herb Crusted Fish w/ Mac & Cheese Catalina Vegetables Stewed Tomatoes Tropical Fruit Cup Garlic Bread	14	Tuna Salad Marinated Vegggie Salad Picked Beets Sliced Apples Wheat Bun	15	BBQ Pulled Pork Sandwich Vinegar Coleslaw Bush's Baked Beans Blueberry Dump Cake Fruit Cobbler Wheat Bun	16	<u>St. Patricks Day Menu</u> Corned Beef Boiled Red Potatoes Cooked Cabbage Green Applesauce Rye Bread Lime Cake
19	Meatloaf w/ Ketchup Sauce Mashed Potatoes w/gravy Broccoli Fresh Fruit Dinner Roll Whole Grain Bar	20	Meatball Sub w/ Italian Tomato Sauce Italian Vegetables Cauliflower Wheat Bun Lemon Pudding	21	Fettucine Alfredo w/ Chicken & Broccoli Sliced Carrots Lima Beans Pears Garlic Bread	22	Chicken Tenders Seasoned Fries Mixed Vegetables Pineapple Chunks Cookie Wheat Bread	23	Breaded Fish Sandwich w/ Lettuce & Tomato California Vegetables Cherry Dump Cake Wheat Bun
26	Sloppy Joes Tator Tots Capri Vegetables Fresh Fruit Wheat Bun	27	Beef Stir-Fry w/ Stir-Fry Vegetables Cauliflower Steamed Brown Rice Peaches Wheat Bread	28	Cheesy Ranch Chicken Creamy Coleslaw Roasted Brussel's Sprouts Baked Pineapple Wheat Bread	30	Oven Roasted Turkey w/ Stuffing Green Bean Casserole Mashed Potatoes & Gravy Fruit Ambrosia Dinner Roll	31	Lemon Baked Fish w/ Lemon Pasta Caesar Salad w/CROUTONS Zucchini & Tomatoes Mixed Berry Fruit Crisp

Daily Menus May Change Without Notice