

MARCH MADNESS!



2019



**Coalition
for Senior
Citizens**

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>Egg Drop Soup</u> Chicken Egg Roll Fried Rice Steamed Broccoli Pineapple Slices
4 Mexican Meatballs Brown Rice Seasoned Zucchini Garden Salad Caesar Dressing Corn Tortilla Fresh Papaya	5 Eggplant Parmesan Wide Egg Noodles Yellow Squash slices Mixed Greens Salad Fruited Jello Cup <u>6-Bean Soup</u>	6 BBQ Chicken Leg Quarters Potato Wedges Corn Bread Coleslaw Sliced Peaches	7 Chicken and Dumplings Green Peas Carrot and Raisin Salad WW Crackers Grapefruit Sections	8 <u>Vegetable Soup</u> Tuna Stuffed Tomato WW Bread 3 Bean Salad Carrot Sticks Apple
11 Biscuits & Gravy Scrambled Eggs Sausage Links Yogurt Berry Cup Banana Pumpkin Bread <u>NO SOUP</u>	12 (NEW item) Pizza Bake Casserole Green Beans Green Salad with Ranch Dressing Sliced Cucumbers <u>Black Bean Soup</u>	13 Birthday Lunch  Birthday Cake and Ice Cream Delicious Beef Brisket Baked Potato, butter sour cream Black eyed Peas Citrus Delight	14 ASDS #3 Baked Meatloaf Mashed Potatoes Brown Gravy (on side) Steamed Spinach Chantilly Fruit Cup	15 <u>Turkey Bean Soup</u> Grilled Cheese Sandwich Pineapple Coleslaw Chips Carrot Sticks Orange
18 Baked Cod Cajun Fish Creamed Corn Parsley Buttered New Potatoes Spinach Salad Pear Halves	19 BBQ Chicken Wings Fried Potatoes Coleslaw Carrot Celery Sticks w/Ranch Dip Chocolate pudding	20 Liver & Onions or Chicken Breast Sweet Potatoes Steamed Broccoli Carrot Sticks Pineapple Cup	21 Hamburger Gravy over Mashed Potatoes Green Beans Layered Salad WW Dinner Roll Fruit Cup	22 <u>Tomato Basil</u> Tuna Salad Sandwich Lettuce/Tomato Salad Italian Dressing Cantaloupe Chunks
25 Beef Enchiladas Steamed Rice Black Beans Zucchini/Tomato Vinaigrette Fruit Cocktail	26 (NEW Item) Bell Pepper Boats with Garbanzo Beans and Kale Cottage Cheese Mandarin Oranges	27 Sweet and Sour Pork Brown Rice Pilaf Broccoli Green Salad with Garbanzo Beans Vanilla Pudding	28 Chicken Broccoli Rice Casserole Beet Salad Pumpkin Muffins Orange	29 <u>Navy Bean Soup</u> Macaroni and Cheese Sliced Tomatoes in Vinaigrette Cooked Carrots Orange Spinach Salad

8oz. Milk and Whole Wheat Bread offered daily; included with meal

Soup Served Daily 11:00 a.m. – 11:30 a.m. ■ Lunch Served 11:30 a.m. – 12:30 p.m.

Substitutions may be necessary due to the weather, shipping shortages, etc.

Age 60 and over: \$3.00 Suggested Donation (under age 60: \$6.00)

**WILLIAM N. PENNINGTON LIFE CENTER
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