

Congratulations WNP Life Center
Kitchen Nutrition Staff for receiving
100% for yearly Health Inspection!
Keep up the Good Work



MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Chops Au gratin Potatoes Broccoli Applesauce Cornbread	3 BBQ Chicken Baked Beans Potato Wedges Coleslaw Fruit	4 Beef Stir Fry Brown Rice Beet Salad Mandarin Oranges	5 Turkey Pot Pie Green Salad w/ Garbanzo Beans 7 Grain Bread Orange Mango Cup	6 Sloppy Joe Whole Wheat Bun Tater Tots Pea Salad Fruited Jello
9 Baked Fish Rice Pinto Beans Mixed Veggies Broccoli Salad Fruit	10 Spaghetti w/ Meat Sauce Zucchini Green Salad Orange Mango Cup 7 Grain Bread	11  Pork Roast w/ Mashed Potatoes Gravy Carrots Fruit Salad Dinner Roll Birthday Cake Ice Cream	12 Herb Baked Chicken Baked Potatoes Green Beans Coleslaw Pears Corn Muffin	13 Taco Salad w/ Kidney Beans Tortilla Chips Fruit Cup Pudding
16 Chicken Breast Mashed Potatoes Gravy Mixed Veggies Tomato Salad w/ Kidney Beans Peach Crisp	17  St. Pat's Day Pork Fried Rice w/ Peas and Carrots Steamed Broccoli Spinach Salad Cookie	18 Oven Fried Chicken Baked Squash Green Beans Green Salad w/ Kidney Beans Orange Mango Cup WW Bread	19 Baked Meat Loaf Mashed Potatoes Steamed Spinach Chantilly Fruit WW Bread	20 Fish Sandwich Whole Wheat Bun Chips Celery Sticks Coleslaw Fruit
23 Grilled Chicken Breast Long Grain Rice Brussel Sprouts Cooked Carrots Fruit Dinner Roll	24 Biscuits and Gravy Scrambled Eggs w/ Spinach Sausage Yogurt w/ Fruit Orange Juice	25 Beef Stroganoff w/ Noodles Baked Squash Spinach Salad w/ Mandarin Oranges Fruit	26 Lemon Baked Fish Black Beans Parsley Potatoes Zucchini Garden Salad Fruit Dinner Roll	27 Chicken Breast Sandwich Sweet Potato Fries 3 Bean Salad Fruit
30 Hawaiian Meatballs Vegetable Rice Pilaf Broccoli Blend Pineapple Coleslaw Cookie	31 Baked Chicken Tenders French Fried Potatoes Green Salad Carrot Raisin Salad WW Bread	 March Birthday Cake Sponsor Family of Ardella Blumhagen Thank You!!	 MEALS@WHEELS AMER	 Nevada Aging and Disability Services Division

2% Milk and WW 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 shipping shortages, weather, other issues etc.

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

WILLIAM N. PENNINGTON LIFE CENTER 952 SOUTH MAINE STREET 423-7096