








# MARCH FOOD FOR ALL HOT MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> SESAME CHICKEN AND RICE WAX BEAN AND PEPPERS PINEAPPLE UPSIDE DOWN CAKE CHOW MEIN NOODLES
<b>4</b>  CHICKEN PARMESAN PENNE MARINARA BRUSSELS SPROUTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>5</b> <i>Mardi Gras</i>  HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	<b>6</b> <i>Ash Wednesday</i> MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL	<b>7</b> CHICKEN POT PIE MAPLE GLAZED CARROTS APPLE CRUMB CAKE BUTTERMILK BISCUIT	<b>8</b> BEEF SLOPPY JOES BAKED BEANS CHOCOLATE ZUCCHINI CAKE WHEAT HAMBURGER BUN 
<b>11</b> LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA BLEND VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>12</b>  BLACKENED TALAPIA FILLET SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN	<b>13</b> CORNED BEEF AND CABBAGE STEAMED POTATOES STICKY TOFFEE PUDDING WHOLE GRAIN ROLL	<b>14</b> COUNTRY FRIED CHICKEN MASHED POTATOES AND GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	<b>15</b> VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL
<b>18</b> DIRTY RICE BLACK EYED PEAS CHERRY COBBLER WHOLE GRAIN ROLL	<b>19</b>  BBQ CHICKEN THIGH COLLARD GREENS BANANA BREAD PUDDING BUTTERMILK BISCUITS	<b>20</b> <i>Vernal equinox</i> SPAGHETTI WITH MEATSAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL	<b>21</b>  SWEET AND SOUR PORK BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE CHOW MEIN NOODLES	<b>22</b> MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL 
<b>25</b> QUICHE LORRAINE WITH BACON POTATOES O'BRIEN PEACH CRISP FRUIT MUFFIN	<b>26</b> CHICKEN POT PIE MAPLE GLAZED CARROTS APPLE CRUMB CAKE BUTTERMILK BISCUIT	<b>27</b> SMOTHERED PORK COLLARD GREENS WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>28</b> BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER WHOLE GRAIN ROLL	<b>29</b> BEEF TIPS AND GRAVY MASHED POTATOES GREEN BEANS AND CARROTS PEACHES AND CREAM BUTTERMILK BISCUIT

Oh so  
**LUCKY**  
to have  
you!

Each meal meets the new A.A.A. approved nutritional guidelines.  
 All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

**Senior Services**  
  
 Southwest  
 Michigan