

MARCH MENU 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Milk served with all meals. Menu subject to change due to availability of foods.</p> <p>Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood, Coal City & Glen Daniel</p> <p>Approved By: _____ _____ (Assistant) Executive Director</p>					<p>1 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread</p>	2
3	<p>4 Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread</p>	<p>5 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast</p>	<p>6 Red Beans & Rice Cabbage Peach Halves WW Bread</p>	<p>7 Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit Sections</p>	<p>8 Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread</p>	9
<p>10 Daylight Savings Time Begins Spring Forward</p>	<p>11 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread</p>	<p>12 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread</p>	<p>13 Baked Potatoes Swiss Cheese Chopped Chives Devilled Eggs Zucchini Squash, Italian Style Cherry Cobbler WW Bread</p>	<p>14 Skinless Oven Fried Chicken Savory Boiled Potatoes Green Beans Cantaloupe Biscuits</p>	<p>15 Tuna Salad Sandwich WW Bread Mixed Vegetable Soup Carrot-Raisin Salad Orange Pineapple Gelatin</p>	16
<p>17</p> 	<p>18 Chicken-Corn Casserole Creamier Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges WW Bread</p>	<p>19 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread</p>	<p>20 <i>Spring Begins</i> Roasted Beef- Rd. Orange-Glazed Sweet Potatoes Spinach Fruit Cocktail WW Bread</p>	<p>21 Seasoned Oven Baked Chicken Baked Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread</p>	<p>22 Bean Soup w/ Ham Egg Salad sandwich on WW Bread Fruit Salad w/ Strawberries</p>	23
24	<p>25 Macaroni Cheese & Chicken Casserole Spinach Marinated Beets and Onions Watermelon WW Bread</p>	<p>26 Seasoned Broiled Fish Potatoes, Baked Green Beans Pineapple WW Bread</p>	<p>27 Fiesta Hamburgers on WW Bun Red Tomato Iceberg Lettuce Leaves Oven Browned Potatoes Banana</p>	<p>28 Turkey a' la King WW Biscuits Broccoli Fruit Cocktail</p>	<p>29 Oven Crisp Chicken Creamier Mashed Potatoes Zucchini and Tomatoes Grapes WW Bread</p>	30
31						

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