


March Menu 2020 National Nutrition Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Roasted Beef– Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread	3 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread	4 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread	5 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread	6 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit	7
8 SPRING FORWARD 	9 Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast	10 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon	11 Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread	12 Seasoned Baby Lima Beans Cornbread Cucumber and Onions in Sour Cream Dressing Peachy Crisp	13 Skinless BBQ Chick- en Dilly Potato Salad Green Beans Pineapple WW Bread	14
15	16 Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange WW Bread	17 St. Patty's Day Irish Stew Tossed Green Salad Green Goddess Dressing Peaches Cookie WW Bread	18 Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread	19 Sloppy Joe on WW Bun Vegetable Salad w/ Oil & Vinegar Dress Peach	20 Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Rolls Spring Begins	21
22	23 Chicken Italiano Spaghetti w/ Mari- nara Sauce Fresh Yellow Squash Pear WW Bread	24 Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Cornbread	25 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections	26 Lean 'n' Light Las- agna Spinach Mushroom Salad WW Garlic Toast Applesauce	27 Oven Fried Fish Savory Boiled Pota- toes Buttered Carrots Stewed Prunes WW Bread	28
29	30 Baked Steak w/ Peppers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread	31 Roast Chicken Cauliflower Pol- lanese Marinated Green Beans Apricot Halves WW Bread	Milk served with all meals. Menu subject to change due to the availability of foods. Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood House, Coal City & Glen Daniels Approved By: _____ Executive Director			