




# March Menu 2021

## National Nutrition Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Creole Baked Pork Chops Creamier Mashed Potatoes Mustard Greens Banana WW Bread	2 Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread	3 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread	4 Seasoned Pinto Beans Onions Turnip Greens Cornbread Applesauce	5 Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot-Raisin Salad Cling Peaches WW Bread	6
7	8 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp	9 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	10 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	11 Salisbury Steak Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread	12 Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread	13
14 Daylight savings time begins  Spring Forward	15 Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread	16 Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Browned Potatoes Sweet Corn Pineapple Slices	17 <b>St. Patty's Special</b> Irish Stew Tossed Salad Green Goddess Dressing Broccoli Whole Wheat Bread Peaches	18 Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread	19 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread	20  First Day of Spring
21	22 Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread	23 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast	24 Red Beans & Rice Cabbage Peach Halves WW Bread	25 Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit Sections	26 Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread	27
28	29 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread	30 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread	31 Baked Potatoes Swiss Cheese Chopped Chives Devilled Eggs Zucchini Squash, Italian Style Cherry Cobbler WW Bread	Milk served with all meals. Menu subject to change due to availability of foods.  <b>Project Title:</b> Raleigh County Commission on Aging, Inc. <b>Sites:</b> Manor House, Wildwood, Coal City & Glen Daniel Approved By: _____		
					Executive Director	