

March 2010

Defiance County Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <u>Women's History Month</u></p> <p>Hamburger Gravy Mashed Potatoes Green Beans Blueberry Muffin Grape Juice</p>	<p>2</p> <p>Chili Tossed Salad with Dressing Golden Cornbread Mixed Fruit</p>	<p>3</p> <p>Baked Ham (Chicken-LS Alt) Stuffing Mixed Vegetables Whole Wheat Bread Applesauce</p>	<p>4</p> <p>Creamy Chicken Sandwich on a Bun Potato Salad Carrot Coins Citrus Sections</p>	<p>5 <u>Nutrition Month</u></p> <p>Baked Fish Peas and Pearl Onions Apple Juice Baked Yams Bran Muffin Birthday Cake</p>
<p>8</p> <p>Baked Pork Chop Roasted Potatoes and Carrots Baked Beans Whole Wheat Bread Apricots</p>	<p>9</p> <p>Grilled Chicken Green Beans Whole Wheat Bread Baked Potato Grape Juice</p>	<p>10</p> <p>Country Fried Steak Mashed Potatoes Broccoli Whole Wheat Roll Peaches</p>	<p>11</p> <p>Roast Turkey Dressing Mixed Greens Salad Beets Whole Wheat Bread Cranberry Salad</p>	<p>12</p> <p>Tuna and Noodle Casserole Peas 7 Layer Salad Fresh Apple Whole Wheat Roll</p>
<p>15</p> <p>Oven Fried Chicken Mashed Potatoes with Gravy Carrots Whole Wheat Roll Pineapple Tidbits</p>	<p>16</p> <p>Taco Salad Golden Cornbread Tropical Fruit Salad</p>	<p>17 <u>St. Patrick's Day</u></p> <p>Irish Corned Beef Dinner (Baked Cod-LS Alt) Fruit Salad Whole Wheat Bread Pistachio Pudding</p>	<p>18</p> <p>Herb Pork Loin Broccoli Red Skin Potatoes Bread Stick Applesauce Graham Crackers</p>	<p>19 <u>Save Your Vision</u></p> <p>Baked Fish Sandwich Spinach Salad Macaroni & Cheese Orange Juice</p>
<p>22</p> <p>Chef Salad Ambrosia Salad Blueberry Muffin Cookie</p>	<p>23 <u>Diabetes Alert Day</u></p> <p>Baked Chicken Green Beans Diced Potatoes Whole Wheat Bread Mandarin Oranges</p>	<p>24</p> <p>Sausage Gravy Hard Boiled Egg (LS Alt-Hamburger Gravy) Buttermilk Biscuit Seasoned Diced Tomatoes Grape Juice</p>	<p>25 <u>March Madness</u></p> <p>Spaghetti with Meatballs Corn Warm Garlic Bread Bananas</p>	<p>26</p> <p>Buttermilk Pancakes with Mixed Berries Cheesy Egg Omelet Golden Hash Browns Orange Juice</p>
<p>29</p> <p>Chicken Pot Pie Mashed Potatoes Whole Wheat Bread Fruit Cocktail</p>	<p>30</p> <p>Sloppy Joes on a Bun Buttered Corn Vegetable Soup Peaches</p>	<p>31</p> <p>Barbeque Chicken Diced Potatoes Broccoli Salad Whole Wheat Roll Mandarin Oranges</p>	<p>LS Alt=Low Sodium Alternate LF Alt=Low Fat Alternate (These must be ordered ahead)</p>	<p>To access meal ingredients, contact us at 419-782-3321</p> <p>Menus subject to changes in accordance with food availability</p>