

March 2011

To access ingredient content, please call Delinda at 419- 782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LS Alt= Low Sodium Alternate LF Alt= Low Fat Alternate (These items must be ordered ahead) Menus may change to availability</p>	<p>1 Women's History Peppy Pepper Steak Over Divine Rice Maui Blend Vegetables Whole Wheat bread Blushing Pear</p>	<p>2 Beef Burrito Refried Beans Spanish Rice Tropical fruit</p>	<p>3 Chicken Salad on Bun Potato Salad Carrot Salad Citrus Sections</p>	<p>4 Roast Beef Mashed Potatoes Green Beans Pineapple Birthday Cake</p>
<p>7 Chicken Green Beans Diced Tomatoes Garlic Bread Grape Juice</p>	<p>8 Fat Tuesday Stuffed Cabbage Roll Buttered Noodles Carrot Coins Pineapple Tidbits Cake Doughnut</p>	<p>9 Ash Wednesday Tuna Melt Buttered Corn Broccoli and Onions Au Gratin Fresh Gala Apple</p>	<p>10 Meat Loaf Roasted Potatoes Spinach Whole Wheat Roll Apricots</p>	<p>11 Fish Patty Creamed peas and Onions Orange Baked Red Yams Plums Whole Wheat Bread</p>
<p>14 Oven Fried Chicken Mashed Potatoes w/ Gravy Brussels Sprouts Whole Wheat Roll Fruit Cocktail</p>	<p>15 Taco Salad Golden Corn Ambrosia Salad</p>	<p>16 Baked Ham (Chicken-LS Alt) Stuffing Sweet Potatoes Mixed Vegetables Whole Wheat Bread Applesauce</p>	<p>17 St. Patrick's Day Irish Beef Stew Dinner Cole Slaw Mandarin Oranges Biscuits Leprechaun Pistachio Pudding</p>	<p>18 Baked Fish Buttered Squash Green Beans Apple Sauce Wheat Bread</p>
<p>21 Sloppy Joes on a Bun Buttered Corn Baked Beans Peaches</p>	<p>22 Country Fried Steak Mashed Potatoes California Blend Vegetables Whole Wheat Roll Saucy Prunes and Peaches</p>	<p>23 Diabetes Alert Day Herb Baked Chicken Pinto Beans Baked Italian Vegetables Whole Wheat Bread Mandarin Oranges</p>	<p>24 Cheesy Scrambled Eggs Pancake w/ Mixed Berries Golden hash browns Orange Juice</p>	<p>25 Fish Sandwich Tomato Soup Peachy Cherry Sauce Crackers</p>
<p>28 March Madness Spaghetti w/ Meatballs Green Beans Warm Garlic Bread Apple Sauce</p> 	<p>29 Chicken Pot Pie Mashed Potatoes Bread Dressing Tropical Fruit Cocktail</p>	<p>30 Herb Pork Loin Broccoli Red Skin Potatoes Wheat bread Pineapple Tidbits Graham Crackers</p>	<p>31 Roast Turkey Rice Pilaf Mixed greens Salad Beets Whole Wheat Bread Cranberry Salad</p>	<p>Soup & Salad Bar Wednesdays and Fridays At The Defiance County Senior Services Café 11:30am to 1:00pm</p>