



march

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Ham Low Sodium Scalloped Potatoes Brussel Sprouts Baked Apple Dinner Roll	2 Beef Stroganoff Egg Noodles French Cut Beans Peach Halves Dinner Roll	3 Oven Baked Fish Scalloped Potatoes Salad Hot Vegetable Apricots Dinner Roll
6 Stuffed Cabbage Oven Roasted Potatoes Parsley Carrots Fresh Pear Wheat Bread	7 Chicken Breast w/ Gravy Whole Potatoes Mixed Vegetable Fruit Medley Dinner Roll	8 Italian Ravioli Broccoli Cuts Three Bean Salad Fruit Cocktail Dinner Roll	9 Sweet & Sour Meatballs Rice Green Beans Oriental Vegetable Orange Salad/Dinner Roll	10 Baked Cod Sliced Potatoes Peas Fresh Apple Bread
13 Chinese Chicken Casserole Brown Rice Cut Green Beans Broccoli Cuts Apple/Breadstick	14 Pork Chop Creole Roasted Potatoes Asparagus Peach Slices Whole Wheat Bread	15 Parmesan Chicken Red Skin Potatoes Mixed Vegetables Fruit Cocktail Wheat Bread	16 Bratwurst w/Bun German Potato Salad Sauerkraut Apple	17 Lemon Pepper Cod Oven Roasted Potatoes Capri Vegetable Orange Wheat Roll
20 Macaroni & Cheese Baby Beets Carrots Corn Muffin Fruit Salad	21 Chicken Cutlet w/Gravy Roasted Potatoes Broccoli Cuts Fresh Pear Bread	22 Turkey w/Vegetables Egg Noodles Garden Salad Grapes Dinner Roll	23 Turkey Burger w/Bun Tomato Salad Three Bean Salad Red Apple	24 Tuna Pasta Salad Shredded Lettuce Sliced Peaches Mini Muffin
27 Stuffed Green Pepper Mashed Potatoes Normandy Vegetable Apricots Wheat Bread	28 Meatloaf w/Gravy Whole Potatoes Brussel Sprouts Banana Dinner Roll	29 Breaded Pork Patty Red Skin Potatoes Peas Applesauce Dinner Roll	30 Ham Broccoli Casserole Baked Potato Prince Charles Blend Tapioca Pudding Dinner Roll	31 Pizza Three Bean Salad Garden Salad Red Apple

Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.aaa1b.org • 1.800.852.7795