

# SENIOR CENTERS MARCH MENU

*Carbohydrate servings are posted at each center with recommendations for diabetes management.  
Your \$2.50 donation is appreciated so all can eat. This menu is low sodium/low fat.*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Estofado De Vaca Con Seta Y Piquillas (Beef Stew W/ Mushrooms & Pimiento), Paella de Verduras (Mixed Vegetables Paella), Calabacitas con Maiz y Ajies (Zucchini W/Corn & Peppers), Chauchas con Limon (Lemon Green Beans), Torta de Queso y Potata (Sweet Potato Cheesecake) <b>1</b>	Poulet en Cocotte Paprika Potatoes Tyrolean Creamed Spinach Slovenian Rice Rye Bread Liechtenstein Corn-Bean Salad <b>2</b>	Tambor de Name (Yam Pie), Aporreado de col (Cabbage Stew), Budin de Calabaza (Squash Pudding), Ensalada de Frijoles Negros y Pimiento (Black Bean Pepper Salad) <b>3</b>	Cider-Glazed Baked Ham Apple/Pear Chutney Buttermilk Chive Whipped Potatoes Gingered Carrots Rye Bread Chocolate Chip Bread Pudding <b>4</b>	Shrimp & Crab Pilaf Broccoli Yiahni (Greek Vegetable Stew), Greek Pita Bread Koulourakia (Sesame Cookies) <b>5</b>
<b>Birthday Monday!</b> Veal Parmesan, Cheese, Tomato Sauce, Spaghetti Italian Green Beans Spring Fruit Compote Breadsticks Birthday Cake <b>8</b>	Beef Patty Brussels Sprouts Spiced Peached Hamburger Bun Lettuce/Tomato/ Onion <b>9</b>	Ham & Bean Stew Hot Spiced Applesauce Lemon Pudding Biscuits Tossed Salad Ranch Dressing <b>10</b>	Broccoli Rice Chicken Chuckwagon Corn Fruit Cocktail Multi-Grain Bread Oatmeal Cookies <b>11</b>	Veggie Shepherd's Pie Cheese Peas & Carrots Spiced Peaches Rye Bread Ranger Cookies <b>12</b>
Pork Rib Patty Teriyaki Sauce Cream of Vegetable Soup Peaches Hamburger Bun Cole Slaw <b>15</b>	Beef Pot Roast Brown Gravy Whipped Potatoes Mixed Vegetables Mixed Fruit Honey Wheat Bread Peanut Butter Cookies <b>16</b>	<b>Saint Patrick's Day</b> Corned Beef Tiny White Potatoes Cabbage Carrots Rye Bread Green Sugar Cookies <b>17</b>	Meat Ball Grinder Tomato Sauce Spinach W/Vinegar Peas/Carrots Hot Dog Bun Apples <b>18</b>	Macaroni & Cheese 4-Way Mixed Vegetables Lemon Pudding Rye Bread Tossed Salad Dressing <b>19</b>
Salisbury Beef Pepper & Onion Gravy, Confetti Rice Spring Mixed Vegetables, Fruit Mix Honey Wheat Bread Chocolate Chip Cookies <b>22</b>	Pork Roast Sweet & Sour Sauce Spiced Mashed Yams Spinach Applesauce Multi-Grain Bread Tossed Salad Italian Dressing <b>23</b>	Turkey & Cheese Sandwich Vegetable Soup Mixed Fruit White Bread Mayonnaise Cole Slaw <b>24</b>	Beef Fiesta Macaroni Casserole Cheese Cabbage Chili Beans Honey Wheat Bread Oranges <b>25</b>	Seafood Salad Provencal Vegetable Soup Tropical Fruit Mix Hamburger Bun Lettuce/Tomato/ Onion <b>26</b>
Turkey Pot Roast Gravy Whipped Potatoes Diced Carrots Banana Pudding Multi-Grain Bread Fresh Fruit <b>29</b>	Meatloaf Brown Gravy Whipped Potatoes Stewed Tomatoes Garden Vegetables Multi-Grain Bread Bananas <b>30</b>	Chicken Pot Casserole Summer Vegetables Strawberry Swirl Pudding Cornbread Apples <b>31</b>	<div style="border: 2px solid black; padding: 10px; background-color: #f0e68c; width: fit-content; margin: auto;"> <b>MEALS ON WHEELS MENUS MAY VARY</b> </div>	