




**MARCH 2017 MENUS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each Meal Includes: * 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate * Sodium > 800mg		1 Egg & Potato Casserole Asparagus Fresh Apple Fruit Oat Muffin Tomato Juice	2 Beef Stew Coleslaw Crunchy Cranberry Salad WW Roll Plums	3 Crab Cake Roasted Potatoes Creamed Peas Bananas & Oranges Grape Juice
		6 Swedish Meatballs Baked Potato w/ Sour Cream Harvard Beets Mixed Fruit	7 Turkey Noodle Casserole Garden Beans Hot Fruit Compote WW Roll Tomato Juice	8 Taco Soup -or- White Chili Tortilla Chips Lettuce Salad Applesauce Jello
13  Meat Loaf Boiled Potatoes Spinach Au Gratin Strawberries Angel Food Cake	14 Creamed Chicken over Biscuit Brussel Sprouts Pineapple Tomato Juice	15 Liver & Onions -OR- Beef Patty Mashed Potatoes Mixed Vegetables Oatmeal Raisin Bar OJ	16 Chili Cinnamon Roll Baby Carrots Chilled Peaches Grape Juice	17 <b>COOK'S CHOICE</b>
20 Orange Glazed Chicken Brown Rice Tomatoes Florentine Applesauce	21 Hearty Veg Beef Soup WW Roll with butter Celery Sticks Peaches PNB Cookie	22  Turkey Roast Potatoes w/Gravy Peas & Carrots Pumpkin Custard Tomato Juice	23 Egg & Potato Casserole Broccoli Banana Half Fruit Oat Muffin OJ	24 Crunchy Baked Fish Parsley Potatoes Herbed Green Beans Pineapple Crunch
27 Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice	28 Turkey & Dumplings Asparagus Mixed Fruit OJ	29 Italian Meatloaf Roasted Red Potatoes Brussel Sprouts with Cranberries Cinnamon Apples w/Crunchy Top	30 Chicken & Noodle Casserole Beets Plums Oatmeal-Raisin Bar OJ	31 <b>COOK'S CHOICE</b> <i>Amy Barnes MS RDN LDN</i>