





**MARCH 2019 MENUS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Each Meal Includes:</b>				<b>1</b>
	<p>* 1/3 of the Required Daily Amounts (RDA) for persons age 70+                      * Skim or 1% milk                      *Condiments as appropriate   Sodium &gt; 800mg</p> <p><i>Amy Barnes MS RDN LDN</i></p>			Beef Stroganoff and Noodles Stewed Tomatoes Broccoli Raisin Salad Peach Crisp
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Swedish Meatballs Baked Potato w/ Sour Cream Harvard Beets Mixed Fruit	Taco Soup -or- White Chili Tortilla Chips Lettuce Salad Applesauce Jello	Crunchy Baked Fish Tartar Sauce Sweet Potato Creamed Peas Orange/Banana/Pineapple Tomato Juice	Scalloped Potatoes & Ham Broccoli Hot Fruit Compote OJ	Turna Noodle Casserole Garden Beans Cranberry Pear Crisp WW Roll Tomato Juice
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Creamed Chicken over Biscuit Brussel Sprouts Pineapple Tomato Juice	Liver & Onions -OR- Beef Patty Mashed Potatoes Mixed Vegetables Oatmeal Raisin Bar OJ	 Meat Loaf Boiled Potatoes Spinach Au Gratin Strawberries Angel Food Cake	Chili Cinnamon Roll Baby Carrots Chilled Peaches Grape Juice	<p align="center"><b>COOK'S CHOICE</b></p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Hearty Veg Beef Soup WW Roll with butter Celery Sticks Peaches PNB Cookie	 Turkey Roast Potatoes w/Gravy Peas & Carrots Pumpkin Custard Tomato Juice	Hot Roast Beef Sandwich Broccoli Banana Half Vanilla Pudding	Orange Glazed Chicken Brown Rice Tomatoes Florentine Applesauce	Crunchy Baked Fish Parsleyed Potatoes Herbed Green Beans Pineapple Crunch
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Meatloaf Roasted Red Potatoes Brussel Sprouts with Cranberries Cinnamon Apples w/Crunchy Top	Chicken & Noodle Casserole Beets Plums Oatmeal-Raisin Bar OJ	Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice	Turkey & Dumplings Asparagus Banana Raisin Rice Pudding Tomato Juice	<p align="center"><b>COOK'S CHOICE</b></p>