

March 2020 MENU

Menu items are subject to change due to availability of food items. Items with ** contain pork or pork products

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Sandwich w/ Egg,** Pork Sausage and Cheese Hash browns Tomato Wedges Cheddar Chive Biscuit Fresh Apples	3 Balsamic Glazed Chicken Asparagus Dill Roasted Carrots Whole Grain Roll Apricots	4 Meatloaf w/ Gravy Festive Cauliflower Mashed Potatoes Whole Grain Roll Oreo Cake Fruit	5 Chef Salad w/ Turkey, Ham, Egg and Cheese Corn Salad Whole Grain Crackers Fresh Orange	6 Open Face Turkey w/ Gravy Mixed vegetables Cranberry Yams Whole Grain Roll Slice Pears
9 Sliced Steak Diane Cauliflower Baked Potato Whole Grain Roll Rice Pudding w/ Bananas	10 Veggie Burger w/ Lettuce & Tomato Chef Vegetable Potato Wedges Apple Sauce	11 Chicken Stroganoff w/ Noodles Brussel Sprouts Winter Blend Vegetables Whole Grain Roll Mixed Fruit	12 Meatball Sub w/ Cheese Garden Salad Green Beans Fruit Crisp	13 Orange Sage Pork Chop ** Succotash Spinach Couscous Whole Wheat Roll Sliced Peaches
16 Pork Ribslets ** Carrots Peas Whole Grain Roll Tropical Fruit	17 St. Pat's Celebration Corned Beef w/Cabbage Steamed Red Potatoes Sliced Carrots Rye Bread Leprechaun cake	18 Spaghetti w/ Meatballs Italian Veggie Blend Zucchini Whole Wheat Bread Stick Sliced Apples	19 <u>Cold Salad Plate</u> Turkey, Potato & 3 Bean Whole Wheat Crackers Apricots	20 Greek Style Redfish w/ Feta, Olives, and Cucumber Mix Steamed Cabbage Rosemary Potatoes Whole Grain Roll Fresh Fruit
23 Honey Butter Chicken Broccoli Sweet Potato Whole Grain Roll Mandarin Oranges	24 Birthday Celebration Shepard's Pie Zucchini Squash Whole Grain Roll Peaches Birthday Cake	25 Scrambled Egg w/ Mushrooms & Spinach O'Brien Potatoes Croissant Fresh Fruit	26 Pork Fritters w/ Gravy** Garden Salad Roasted Red Potatoes Whole Grain Biscuit Pineapple Upside Down Cake	27 Tuna Casserole Broccoli Corn Whole Grain Crackers Sliced Pears
30 Baked Ham w/ Pineapple** Cauliflower Stewed Tomatoes Whole Grain Roll Fruit Cocktail	31 Shrimp Alfredo Fresh Green Beans Carrots Whole Wheat Roll Mixed Berries			

East Valley Adult Resources, Inc is funded in part by Area Agency on Aging Region One