

## March 2020 CONGREGATE MENUS-MEALS SERVED AT SENIOR CENTER

\*Skim Milk available with all meals, and will be served upon request.

### Week of March 2<sup>nd</sup>-March 6<sup>th</sup>, 2020

Meatloaf Gravy Brussel Sprouts Carrots Whole Wheat bread Milk Margarine Graham Crackers <b>5048</b>	Chicken Parmesan Zucchini Yellow squash Milk Margarine Whole Wheat bread Oatmeal Cookie <b>5047</b>	<b>Manager's Choice Bread Milk Margarine Fruit or Cookie</b>	Turkey Pot Roast Mashed Potato Green Beans, Milk Carrots, Margarine Whole Wheat Bread, Cinnamon Applesauce <b>5074</b>	BBQ Pork Rib Patty Sweet Potatoes Greens Milk Margarine Whole Wheat Bread Apple Juice <b>5030</b>
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### Week of March 9<sup>th</sup>-March 13<sup>th</sup>, 2020

Turkey Tetraxini Sweet Potatoes Spinach with garbanzo Milk Margarine Whole wheat bread, raisins <b>5068</b>	Fiesta Chicken Over rice w chili sauce Black Beans Yellow squash Milk Margarine Whole Wheat bread Orange juice <b>5077</b>	<b>Manager's Choice Bread Milk Margarine Fruit or Cookie</b>	South. Style Fish Over rice Green peas California blend Milk Margarine Whole Wheat bread fruit cup <b>5099</b>	Georgia Brunswick Stew Green beans Carrots Milk Margarine Whole wheat bread Oatmeal Cookie <b>5090</b>
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### Week of March 16<sup>th</sup>-March 20<sup>th</sup>, 2020

Charbroiled Beef Patty, mashed Potatoes, Peas & Carrots, Corn, Milk, Margarine, Whole Wheat Bread, Orange Juice <b>5049</b>	Sweet and Sour Chicken w rice Carrots, Sugar Peas Milk Margarine Whole Wheat Bread Diced Fruit Cup <b>5076</b>	<b>Manager's Choice Bread Milk Margarine Fruit or Cookie</b>	Grilled Pork Patty Mashed Potatoes w Mushroom Gravy Green Beans CaliBlend Veggies Milk Margarine Whole Wheat Bread Fruit Cup <b>5031</b>	Cheddar Mac & Beef California Blend Peas w peppers and Onions Milk Margarine Whole wheat bread Oatmeal Cookie Raisins <b>5092</b>
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### Week of March 23<sup>rd</sup>-March 27<sup>th</sup>, 2020

Breaded Baked Fish Lima Beans Corn w peppers Milk Margarine Whole Wheat bread Apple Sauce <b>5045</b>	Turkey Dressing Gravy Sweet Potatoes Green Beans Milk Margarine Whole Wheat Bread Cranberry Juice <b>5053</b>	<b>Manager's Choice Bread Milk Margarine Fruit or Cookie</b>	Swedish Style Meatballs Noodles Broccoli Black Bean Blend Milk Margarine Whole Wheat Bread Moon pie <b>5062</b>	Chicken Broccoli Alfredo Carrots Zucchini red peppers Milk Margarine Whole Wheat bread Apple Juice <b>5042</b>
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### Week of March 30<sup>th</sup>-April 3<sup>rd</sup>, 2020

<b>Manager's Choice Bread Milk Margarine Fruit or Cookie</b>	<b>Manager's Choice Bread Milk Margarine Fruit or Cookie</b>	<b>Manager's Choice Bread Milk Margarine Fruit or Cookie</b>	<b>Manager's Choice Bread Milk Margarine Fruit or Cookie</b>	<b>Manager's Choice Bread Milk Margarine Fruit or Cookie</b>
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**BREAKFAST Meal for March:** French Toast Sticks, Turkey Sausage Patty, Seasoned potatoes,  
Cinnamon peaches, Milk, Margarine, Raisin Bran, Blended juice **Golden Gourmet #6022**