




March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Swiss Steak	Sloppy Joe on Bun 1.5
515-993-4531 #4			Seasoned Rice 1.5	Sweet Potato Fries 1.5
515-465-2300 #4			Winter Blend Vegetables	Broccoli Normandy
			Cinnamon Applesauce 1	Chilled Pineapple 1
			Pumpkin Bar 1.5	Brownie 2
5	6	7	8	9
Chicken & Noodles 1.5	Pork Chop w/ Brown Gravy	Baked Tilapia	Roast Turkey	Beef Pepper Steak
Mashed Potatoes 1	Fried Potato w/ Onion 1	Scalloped Corn 1.5	Escalloped Potato 2	Creamed Potato 1.5
Green Beans	Spinach Salad	Cauliflower & Peas .5	Asparagus	Brussels Sprouts
Plums 1	Strawberries 1	Peaches 1	Apricots 1	Tangerine 1
Yogurt Parfait 1	Sugar Cookie 1	Blueberry Muffin 1.5	Berry Crisp 2	Ambrosia Salad 1.5
12	13	14	15	16
Liver and Onions	Cook's Choice OR	Hamburger on Bun 1.5	Macaroni & Cheese w/	Beef and Cabbage Casserole 0.5
Mashed Potatoes w/ Gravy 1	Chicken Fried Rice 1.5	Cucumber & Onion Salad .5	Turkey Ham 1.5	Broccoli Cuts
Garden Mixed Vegetables 1	Oriental Vegetables 1	Potato Salad 1	Peas 1	Luck of the Irish Salad 2
Fruit Cocktail 1	Chilled Pineapple 1	Tropical Fruit 1	Orange & Banana Salad 1	 Pears 1
Cinnamon Applesauce 1	Oatmeal Raisin Bar 2	Frosted Cake 2	Zucchini Bread 2	Happy St. Patrick's Day!
19	20	21	22	23
Ham Balls	Chicken Casserole 1.5	Oven Fried Fish	Taco Stew 1.5	Open Faced Hot Turkey
Baked Squash 1.5	Oven Potatoes 1	Sweet Potato 2	Lettuce Salad	Sandwich 1
Seasoned Asparagus	Cranberry Fruit Fluff 2	Brussels Sprouts	Crackers 1	Mashed Potatoes 1
 Pineapple 1	Apple 1	Peaches 1	Grapes 1	Mixed Vegetables
Apricots 1		Dinner Roll 1	Cheesecake w/ Topping 1	Fruit Cocktail 1
				Peanut Butter Cookie 1
26	27	28	29	30
Baked Fish Sandwich 1.5	Ham & Bean Soup 2	Tater Tot Casserole 2	Oven Fried Chicken	Cook's Choice OR
Coleslaw 1	Spinach Salad	Harvard Beets	Mashed Potatoes w/ Gravy 1	Biscuits & Gravy 1.5
Capri Vegetables 1	Pears & Cottage Cheese .5	Broccoli Normandy	Mixed Vegetables 1	Sauteed Onions & Mushrooms
Strawberries 1	Plums 1	Pineapple 1	Apricots 1	 Hard Boiled Egg
Refrigerator Dessert 1.5	Corn Bread 1	Chocolate Chip Cookie 1	Vanilla Pudding 1.5	Banana 2
				Fruited Yogurt 2