
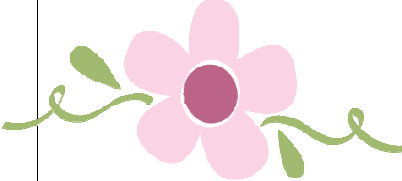


Senior Nutrition Program **March 2010**

Mon	Tue	Wed	Thu	Fri
1 Honey Mustard Chicken Baked Potato Vegetable Blend Roll, Tropical Fruit	2 Beef Stroganoff Pickled Beets Mixed Vegetable Roll Baked Banana	3 Vegetable Soup BBQ Pork Sandwich Green Salad Fruit	4 Turkey Roast Mashed Potatoes Green Bean Salad Berries w/ Whip Topping	5 Oscars Party Primavera Fish Rice Pilaf Vegetable Blend Roll
8 Roast Beef Mashed Potato Mixed Vegetable Roll Waldorf Salad	9 Chicken Pizza Claremont Salad Ice Cream Fruit	10 Beef Barley Soup Turkey Sandwich Broccoli & Cauliflower Fruit Medley	11 Vegetable Lasagna Green Salad Garlic Bread Poached Pears	12 Belgian Waffles w/ Strawberries Vegetable Sausage Scrambled Egg, Juice
15 Clam Chowder Ham & Swiss Cheese Sandwich Pineapple Coleslaw Fruit	16 Meatloaf Roasted Potatoes Vegetable Blend Roll Fruit Salad	17 Saint Patrick's Day Corned Beef & Cabbage Potatoes & Carrots Irish Soda Bread Fruit	18 Monte Cristo Sandwich Green Salad Mango w/Yogurt	19 Happy Birthday Swedish Meatballs w/ Noodles Vegetable Blend
22 Pork Loin Roast Wild Rice Vegetable Blend Roll Warm Cinnamon Peaches	23 Lemon Pepper Fish Baked Potato Broccoli, Fruit Gingerbread	24 Corn Chowder Chicken Nuggets Vegetable Blend Roll Fruit	25 Turkey Pot Pie Green Salad Roll Heavenly Fruit Hash	26 Chicken Spaghetti Italian Green Beans Garlic Bread Fruit
29 Sweet & Sour Meatballs Rice Oriental Blend Vegetable Blushing Pears	30 B.L.T Sandwich Green Pea Salad Apple Cobbler	31 Easter Dinner Ham with Cranberry Chutney Dill Potato & Pea Salad Sunshine Salad Cherry Clafoutis		

For reservations, call (360) 829-2095 OR (253) 474-1200.

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.