

MARCH 2019

Douglas County Senior Center

*** Milk Served Daily**

***WW Sliced Bread Available Daily upon Request**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 Chili w/ Beans, Corn Bread Cheese & Onions Fruit Salad Orange Juice Chocolate Cream Pie</p>
<p>4 Crab Cake (Tartar Sauce) Spring Mix Salad w/ Ital . Drsg Harvest Blend Rice Key Largo Blend Veggies Greek Yogurt w/ Fruit and Granola Parfait</p>	<p>5 Stir Fried Beef (Mushrooms, Sugar Snap Peas, Water Chestnuts) Cottage Cheese and Pineapple,v-8 Juice White Rice, Fortune Cookie Citrus Twist Trifle</p>	<p>6 Mambo Pork Roast Tossed Salad w/ Garlic French Dressing Broccoli, WW Bread Corn Muffins Cantaloupe</p>	<p>7 Chicken Parmesan Orange Spinach Salad California Blend Veggies Toasted Bread Stick Fruit Cocktail</p>	<p>8 French Dip W/ Au Jus Seasoned Potato Wedges Country Blend Veggies Marinated Beet Salad Strawberry Pretzel Squares</p>
<p>11 Chicken Piccata w/ Lemon, Capers & Artichoke Hearts, Spring Mix Salad w/dried Cranberries & Candied Walnuts Brown Rice, Lemon Pudding</p>	<p>12 Beef Tacos w/ Thick & Chunky Salsa, Guacamole Broccoli& Cauliflower Mexican Corn Sauté Fresh Apricot</p>	<p>13 <u>BirthDay Day</u> Roasted Turkey Citrus Fruit Salad Whole Wheat Roll Mashed Potato & Gravy Glazed Carrots, Cranberry Cake & Ice Cream</p>	<p>14 Lemon Baked Fish Cracked Wheat Bread Green Peas, Long Grain Rice Tossed Salad Creamy Italian Dressing Grapes</p>	<p>15 <u>St. Patrick's Day</u> Corned Beef & Cabbage Jell-O Fruit Salad Red Potato, Rye Bread Carrots, Green Apple Juice Lime Sherbet</p>
<p>18 Salmon w/ White Dill Sauce Tropical Fruit Salad Roasted Red Potatoes, Asparagus V-8 Juice Assorted Dessert</p>	<p>19 BBQ Pork Ribs Scalloped Potatoes Mustard Greens Whole Wheat Bread Spiced Apple Sauce</p>	<p>20 Chicken in Orange Sauce Mashed Potatoes Mixed Vegetables Garden Salad Ls French drsg. 7 Grain Bread Peach Yogurt ,Peaches</p>	<p>21 Fried Chicken Salad w/ Tomatoes, Baby Corn, Green Onion, W- Buttermilk Ranch Dressing, Bread Stick Fresh Melon</p>	<p>22 Roast Beef Pea Salad Mashed Potato w/Gravy Key Largo Vegetables Tropical Fruit Cup Coconut Cream Pie</p>
<p>25 Steak Strips Smothered in Onions, Roasted Butternut Squash, Dinner Roll Green Snap Beans Mixed Green Salad New Italian Dressing Pears</p>	<p>26 Swedish Meatballs Over Egg Noodles Strawberry Spinach Salad Capri Blend Veggies Dinner Roll Applesauce Cherry Walnut Dessert</p>	<p>27 Fish Fillet Sandwich Lettuce & Tomato Spiral Pasta Salad Celery Sticks & Peanut Butter Tartar Sauce, Grape Juice Jell-O and Mixed Fruit Dessert</p>	<p>28 Open Faced Turkey Sandwich on WW Bread Mixed Green Salad Cornbread Stuffing, Gravy Peas & Pearl Onions Fruit 'n' Pudding Dessert</p>	<p>29 BBQ Chicken Sour Cream Potato Salad Steamed Spinach Corn on Cob 7 Grain Bread Apple Butter Fresh Banana</p>