


Homage Senior Services Congregate Nutrition Program Menu

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Pot Pie w/ vegetables & a biscuit top Tropical Fruit Pudding	3 Tossed Salad Spaghetti w/ meat sauce Breadstick Italian Mixed Vegetables Pineapple	4 Baked Chicken Breast Mashed Potatoes w/ gravy Peas and Carrots Fresh Fruit Roll	5 Church Closed	6 Church Closed
9 Grilled Cheese Roasted Sweet Potatoes Applesauce	10 Meatloaf Mashed Potatoes w/gravy Green Beans Fresh Fruit Roll	11 <u>Breakfast for Lunch</u> Scrambled Eggs Breakfast Corn Dog Hash browns Fruit Cup	12 Pea and Cheese Salad French Bread Pizza Tropical Fruit	13 Sack Lunch
16 Pickled Beet Salad Mac and Cheese Peas Fresh Fruit Roll	17 <u>St Patrick's Day</u> Corned beef and cabbage Red Potatoes Carrots Rye Bread Apple Duff 	18 Lemon Pepper Pollock Baked Potato Brussel Sprouts Fresh Fruit Roll	19 Coleslaw Vinaigrette/ Roll Chicken Skewers w/ peanut sauce Steamed Rice Stir Fry Vegetables Mandarin Oranges 	20 Sack Lunch
23 Parmesan Spinach Salad Spanish Omelet Roasted Potatoes Yogurt w/ Diced Peaches Roll	24 Tossed Salad Chicken Parmesan on spaghetti w/marinara sauce Broccoli Fresh Fruit Breadstick	25 Salisbury Steak Mashed Potatoes w/ gravy Dilled Carrots Roll Tropical Fruit	26 Coleslaw Salmon Burger on ww bun w/ lettuce and tomato French Fries Fresh Fruit Brownie	27 Sack Lunch
30 Hot Turkey Sandwich on ww bread Mashed Potatoes w/ gravy Garden Vegetables Pineapple	31 Taco Salad w/ beef, cheese, salsa, sour cream, lettuce, and chips Refried Beans Fresh Fruit			

1% milk, roll or bread, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice. Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$7.50 per meal.