

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>♥Indicates Heart Healthy Item</p> <p><u>Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</u></p>	<p>Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.</p>	<p><u>Serving Lunch</u> <u>From 11:30-12:30</u></p>	<p>March 1</p> <p><u>Fried Fish</u> ♥<u>Roasted Sweet Potatoes</u> ♥<u>California Vegetables</u> Wheat Roll Mandarin Oranges <u>or</u> Cook's Feature</p>
<p>March 4</p> <p><u>Parmesan Crusted Chicken</u> ♥<u>Lima Beans</u> ♥<u>Broccoli</u> Wheat Roll SF Jello with Pears <u>or</u> Brownie</p>	<p>March 5</p> <p><u>Ham and Beans</u> ♥<u>Spinach</u> ♥<u>Stewed Tomatoes</u> Cornbread Pineapple Tidbits <u>or</u> Poppyseed Cake</p>	<p>March 6</p> <p><u>Pepper Steak</u> Liver and Onions ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Carrots</u> Wheat Roll Rosy Applesauce <u>or</u> Coconut Pie Squares</p>	<p>March 7</p> <p><u>Chicken Fajitas</u> ♥<u>Corn</u> ♥ <u>Stewed Tomatoes</u> Tortilla Spiced Peaches <u>or</u> Snickerdoodle Cookie</p>	<p>March 8</p> <p><u>Shrimp Alfredo</u> ♥<u>Italian Vegetables</u> ♥<u>Peas</u> Wheat Roll Mixed Fruit <u>or</u> Cook's Feature</p>
<p>March 11</p> <p><u>Chili</u> ♥<u>Baked Potato</u> ♥<u>Broccoli</u> Cornbread Cinnamon Apples <u>or</u> Cinnamon Rolls</p>	<p>March 12</p> <p><u>Garlic and Herb Pork Roast</u> ♥<u>Yams</u> ♥<u>Roasted Brussel Sprouts</u> Wheat Roll Mixed Fruit <u>or</u> Pecan Pie Bar</p>	<p>March 13</p> <p><u>Chicken and Dumplings</u> ♥<u>Peas</u> ♥<u>California Vegetables</u> Wheat Roll Mandarin Oranges <u>or</u> Orange Creamsicle Cookies</p>	<p>March 14</p> <p><u>Lasagna</u> ♥<u>Creamed Peas</u> ♥<u>Normandy Vegetables</u> Wheat Roll Sliced Peaches <u>or</u> Tiramisu <u>Care Connection Desserts through the Decades 2020's</u></p>	<p>March 15</p> <p><u>Fried Fish</u> ♥<u>Spinach</u> ♥<u>Corn</u> Hushpuppies SF Jello with Pineapple Tidbits <u>or</u> Cook's Feature</p>
<p><u>St. Patrick's Day</u> March 18 <u>Corned Beef and Cabbage</u> ♥<u>Carrots</u> ♥<u>Boiled Potatoes</u> Wheat Roll Applesauce <u>or</u> Crispy Rice Treat</p>	<p>March 19</p> <p><u>Garlic Chicken</u> ♥<u>Lima Beans</u> ♥<u>Stewed Tomatoes</u> Wheat Bread Blushed Pears <u>or</u> Starburst Cake</p>	<p>March 20</p> <p><u>Chicken Fried Steak</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Roasted Brussel Sprouts</u> Wheat Roll Peaches <u>or</u> Blondie</p>	<p>March 21</p> <p><u>Lemon Pepper Fish</u> ♥<u>Roasted Red Potatoes</u> ♥<u>Carrots</u> Wheat Roll Mixed Fruit <u>or</u> Oatmeal Cookie</p>	<p>March 22</p> <p><u>Fried Chicken</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Pears <u>or</u> Cook's Feature</p>
<p>March 25</p> <p><u>Smothered Pork Chops</u> ♥<u>Black Eyed Peas</u> ♥<u>Spinach</u> Wheat Roll Applesauce <u>or</u> Peach Crisp</p>	<p>March 26</p> <p><u>Meatloaf</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Broccoli</u> Wheat Roll Pears <u>or</u> Carrot Cake</p>	<p>March 27</p> <p><u>Turkey and Noodles</u> ♥<u>Peas</u> ♥<u>Carrots</u> Biscuit Cinnamon Apples <u>or</u> Chocolate Chip Cookie</p>	<p>March 28</p> <p><u>Shepherd's Pie</u> ♥<u>Zucchini and Tomato</u> ♥<u>Roasted Brussel Sprouts</u> Wheat Roll Mixed Fruit <u>or</u> Peanut Butter Cookie</p>	<p><u>Good Friday</u> March 29 <u>Fried Fish</u> ♥<u>Roasted Sweet Potatoes</u> ♥<u>California Vegetables</u> Wheat Roll Mandarin Oranges <u>or</u> Cook's Feature</p>

***Menu subject to change according to availability**