


Center Name Clinton 660-885-3482

March 2024

FY'24

Menu served M-F 11:00- 12:30

* Menu subject to change according to availability*

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

