

March 2024 Menu



Holden Senior Center

Wednesday	Thursday	Friday
♥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>Fish tacos</u> ♥ <u>Roasted Sweet Potatoes</u> ♥ <u>California Vegetables</u> Tortillas Mandarin Oranges <u>or</u> Cook's Feature
March 6 <u>Parmesan Crusted Chicken</u> ♥ <u>Lima Beans</u> ♥ <u>Broccoli</u> Wheat Roll SF Jello with Pears <u>or</u> Brownie	March 7 <u>Ham and Beans</u> ♥ <u>Spinach</u> ♥ <u>Stewed Tomatoes</u> Cornbread Peaches <u>or</u> Tiramisu <u>Care Connection Desserts through the Decades 2020's</u>	March 8 <u>Shrimp Alfredo</u> ♥ <u>Italian Vegetables</u> ♥ <u>Peas</u> Wheat Roll Mixed Fruit <u>or</u> Cook's Feature
March 13 <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	March 14 <u>Chicken and Dumplings</u> ♥ <u>Peas</u> ♥ <u>California Vegetables</u> Wheat Roll Mandarin Oranges <u>or</u> Orange Creamsicle Cookies	March 15 <u>Herb Crusted Fish</u> ♥ <u>Roasted Red Potatoes</u> ♥ <u>Carrots</u> Wheat Roll SF Jello with Pineapple Tidbits <u>or</u> Cook's Feature
March 20 <u>Chicken Fried Steak</u> ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>Roasted Brussel Sprouts</u> Wheat Roll Peaches <u>or</u> Blondie	March 21 <u>Fried Chicken</u> ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>Green Beans</u> Wheat Roll Spiced Peaches <u>or</u> <u>Birthday cake</u>	March 22 <u>Tuna and Noodle</u> ♥ <u>Spinach</u> ♥ <u>Harvard Beets</u> Wheat Roll Pears <u>or</u> Cook's Feature
March 27 <u>BBQ Meatloaf</u> ♥ <u>Scalloped Potatoes</u> ♥ <u>Broccoli</u> Wheat Roll Pears <u>or</u> Carrot Cake	March 28 <u>Smothered Pork Chops</u> ♥ <u>Black Eyed Peas</u> ♥ <u>Spinach and Mushrooms</u> Wheat Roll Applesauce <u>or</u> Peach Crisp	Good Friday March 29 <u>Fried Fish</u> ♥ <u>Roasted Sweet Potatoes</u> ♥ <u>California Vegetables</u> Wheat Roll Mandarin Oranges <u>or</u> <u>Easter special</u>

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