


# Sedalia

# March 2024 Menu

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

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