



March 2020 Menu

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.
Registered Dietician: Linda M. Petrunak, RD, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Orange Chicken Vegetable Fried Rice Asian Vegetables Fortune Cookie Grapefruit</p>	<p>3</p> <p>BBQ Pork on a Ciabatta Roll AuGratin Potatoes Roasted Brussels Sprouts Fruit Compote</p>	<p>4</p> <p>Chili Mac Corn Bread Salad with Italian Dressing Peach Crisp</p>	<p>5</p> <p>Roast Turkey with Gravy Mashed Sweet Potatoes Stuffing Honey Glazed Carrots Carrot Cake Whole Wheat Dinner Roll</p>	<p>6</p> <p>Vegetable Quiche Pie Steak Fries Peas & Pearl Onions Apricots</p>
<p>9</p> <p>Sauerkraut Mashed Potatoes Hot Dog on a Bun Apple Crisp Cottage Cheese</p>	<p>10</p> <p>Stuffed Pepper Scalloped Potatoes Mixed Vegetables Pumpkin Muffin</p>	<p>11</p> <p>Baked Chicken with Gravy Stuffing Monte Carlo Vegetables Mandarin Oranges Whole Wheat Dinner Roll</p>	<p>12</p> <p>Spaghetti & Meatballs Italian Blend Tossed Salad with Italian Dressing Fruit Cocktail</p>	<p>13</p> <p>Veracruz Fish Black Beans Corn Bread Cole Slaw Mixed Citrus Fruit Whole Wheat Dinner Roll</p>
<p>16</p> <p>Baked Potato Supreme Chili with Cheddar Cheese Apple Whole Wheat Roll</p>	<p>17</p> <p>Meatloaf with Gravy AuGratin Potatoes Monte Carlo Vegetables Cranberry Juice Sugar Cookie</p>	<p>18</p> <p>Ham & Bean Soup Turkey & Swiss on Rye Bread Lettuce, Tomato & Mayonnaise Mandarin Oranges</p>	<p>19</p> <p>Stuffed Cabbage Roll Mashed Potatoes with Gravy Roasted Cauliflower Citrus Mixed Fruit Whole Wheat Dinner Roll</p>	<p>20</p> <p>Fish Sandwich on a Whole Wheat Roll Tossed Salad with Italian Dressing French Fries Pineapple Oatmeal Cookie</p>
<p>23</p> <p>Haluski & Kielbasa Warm Apple Slices Whole Wheat Dinner Roll</p>	<p>24</p> <p>Chicken Parmesan Roasted Brussels Sprouts Apricots Breadstick</p>	<p>25</p> <p>Pizza Burger on a Roll Potato Salad Tossed Salad with Ranch Dressing Pears</p>	<p>26</p> <p>Salisbury Steak with Beef Mushroom Gravy Mashed Potatoes Carrots & Cauliflower Peaches Cranberry Juice Whole Wheat Dinner Roll</p>	<p>27</p> <p>Cheese Omelet Hash Browns Waffles & Syrup Orange Juice</p>
<p>30</p> <p>Ham Loaf Roasted Potatoes Green Beans with Bacon Vinaigrette Dressing Pineapple Tidbits Oatmeal Cookies Dinner Roll</p>	<p>31</p> <p>Roast Beef with Gravy Sweet Potato Souffle Roasted Cauliflower Mandarin Mousse Whole Wheat Dinner Roll</p>			