







# March



# Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.	
<p><b>1</b> Garden Vegetable Salad w/ Italian Dressing, <b>Chili Con Carne</b>, Corn Bread, Fruit Ambrosia</p> 	<p><b>2</b> Lettuce &amp; Tomato Salad w/ Ranch Dressing, Wheat Crackers, <b>Baked Chicken</b>, Au Gratin Potatoes, Green Beans, Roll, Very Berry Tart</p>	<p><b>3</b> Deli Style Salad w/ Italian Dressing, WW Crackers, <b>Beef &amp; Barley Stew</b>, WW Bread, Peach &amp; Berry Crisp</p>	<p><b>4</b> Spring Salad w/ Creamy Italian Dressing, <b>Almond Crusted Fish</b>, Tartar Sauce, Baked Sweet Potato, Zucchini, Corn Bread, Fast Fruit Salad</p>	<p><b>5 Friday Feast</b> Tossed Green Salad w/ Ranch Dressing, <b>Lasagna</b>, Italian Vegetables, French Bread, Fresh Fruit, Cookie</p>	<p><b>6 Saturday</b> <i>Sorpotomist's Dinner/Dance</i> Green Salad, <b>Oven Fried Chicken</b>, Baked Beans, Mashed Potatoes, Green Beans, Banana Splits</p>	
<p><b>8</b> Tortilla Soup, <b>Chicken Enchiladas</b>, Refried Beans &amp; Cheese, Carrots &amp; Peas, Mixed Fresh Fruit</p> 	<p><b>9</b> Mixed Relish Tray w/ Ranch Dressing, <b>Porcupine Meatballs</b>, Au Gratin Potatoes, Green Beans, Roll, Fruit Spread, Apple Cobbler</p>	<p><b>10</b> German Coleslaw, <b>Baked Fish</b>, Basil &amp; Garlic Pasta, Spinach, Blueberry Muffin, Fresh Grapes</p> 	<p><b>11</b> Jean's Vegetable Salad, <b>Beef Pepper Steak</b>, Steamed Rice, Carrot Coins, WW Bread, Chilled Pineapple w/ Whipped Topping</p>	<p><b>12 Brunch</b> V-8 Juice, Scrambled Egg, Grilled Onions &amp; Peppers, <b>Ham Slice</b>, French Toast, Maple Syrup, Fruit Cocktail</p>	<p><b>14 Sunday Dinner</b> <i>JHHS Interact Dinner</i> Carrot, Celery &amp; Cucumber Salad, <b>Bratwurst</b>, WW Roll, Ketchup, Side of Lettuce, Tomatoes &amp; Onions, Herbed Potato Bake, Apple Brown Betty</p>	
<p><b>15</b> Creamy Confetti Cole Slaw, <b>Tuna Noodle Bake</b>, Seasoned Zucchini, WW Bread, Peach Cobbler</p>	<p><b>16</b> Vegetable Soup, <b>Roast Beef &amp; Gravy</b>, Whipped Potatoes, Broccoli &amp; Cheese Sauce, Cindy's Rolls, Apple Slices</p>	<p><b>17 St. Patrick's Day</b> Jean's Vegetable Salad, <b>Lamb (or Beef) &amp; Vegetable Casserole</b>, Parsley Potatoes, WW Bread, Pineapple Upside Down Cake</p>	<p><b>18</b> Lettuce Salad w/ Blue Cheese Salad, <b>Meat Loaf</b>, Parsley Potatoes, Gravy, Carrot Coins, Roll, Fruit Spread, Fruity Gelatin Salad</p>	<p><b>19 Friday Feast</b> Greek Relish Tray w/ Italian Dressing, <b>Chicken &amp; Herbed Fettuccini</b>, Dilly Cauliflower, WW Roll, Berry Pie</p>	<p><b>Wrinkles should merely indicate where smiles have been.</b> ~Mark Twain</p>	
<p><b>22</b> Spring Salad w/ Ranch Dressing, <b>Baked Pork Chop</b>, Gravy, Mashed Sweet Potatoes, Lemony Cauliflower, WW Bread, Apple Crisp</p>	<p><b>23 Birthday Party</b> Tossed Salad w/ Red Wine Vinaigrette, <b>Braised Beef</b>, Mushroom Gravy, Angel Hair Pasta, Grilled Broccoli, WW Bread, Strawberry Shortcake</p>	<p><b>24</b> Vegetable Soup, Wheat Crackers, <b>Baked Chicken</b>, Garlic Mashed Potatoes, Asparagus with Parsley, WW Bread, Fruit Ambrosia</p> 	<p><b>25</b> German Cole Slaw, <b>Hamburger Steak</b>, Mushroom Gravy, Boston Baked Beans, Celery &amp; Carrots Almandine, Hard Roll, Fruit Spread, Pears w/ Cottage Cheese</p>	<p><b>26 Brunch</b> V-8 Juice, Scrambled Ham &amp; Eggs, Grilled Hash Browns &amp; Onions, Wheat Biscuit, Orange Sauce Peaches &amp; Granola</p>	<p>Don't forget: You can view our complete newsletter online at <a href="http://www.seniorcenterjrh.org">www.seniorcenterjrh.org</a> We're also on Facebook!</p>	
<p><b>29</b> Garden Vegetable Salad w/ Ranch Dressing, <b>French Dip Sandwich</b>, on WW Hoagie Bun, Horseradish Sauce, Seasoned Green Beans &amp; Red Pepper Strips, Plum Whip</p>	<p><b>30</b> Lettuce Salad w/ Ranch Dressing, <b>Lemon Steamed Fish</b>, Oven Browned Parmesan Potatoes, Seasoned Carrots, Chocolate Chip Cupcakes w/ Frosting, Fresh Fruit</p>	<p><b>31</b> Garden Vegetable Salad w/ Red Wine Vinaigrette, <b>Spaghetti Meat Sauce</b> over Spaghetti Noodles, Asparagus w/ Parsley, Cindy's Rolls, Sliced Bananas</p>	<p>Join us to celebrate March Birthday's Tuesday, March 23rd.</p>  			<p>Don't forget to make reservations by 10:30 AM the day you are coming to lunch. Call us at 733-7300.</p>