

Area Agency on Aging Region X Menu Pla

23-Mar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| | | 1-Mar | 2-Mar | 3-Mar |
| | | Scrambled Eggs & Ham Hash Browns Biscuit/gravy Orange Juice Sliced Apples Coffee/Tea/Milk | Taco Salad, meat, cheese, beans Lettuce & Tomatoes Pineapple Tostito Chips Pudding Coffee/Tea/Milk | Entrée Vegetable/Fruit Vegetable/Fruit Grain Fruit Coffee/Tea/Milk |
| 6-Mar | 7-Mar | 8-Mar | 9-Mar | 10-Mar |
| Hot Dog w/ chili & cheese Coleslaw Baked beans Bun Sliced pears Coffee/Tea/Milk | Hamburger Soup with tomatoes in soup w vegie in soup Wheat Roll Cake Coffee/Tea/Milk | Salisbury steak Buttered Carrots brussel sprouts Wheat Roll Brownie Coffee/Tea/Milk | Taco Salad, meat, cheese, beans tomatoes Tomatoes Tostito Chips peaches Coffee/Tea/Milk | Tater Tot Casserole oriental salad Wheat Roll peach crisp Ice Cream Bar Coffee / Tea / Milk |
| MAR 13 | 14-Mar | 15-Mar | 16-Mar | 17-Mar |
| Chicken Pot Pie tomatoes Sliced Beets Apple Juice Wheat Roll Coffee/Tea/Milk | Sloppy Joe on Bun Potato Salad carrots Peaches pudding Coffee/Tea/Milk | Diced Ham boiled egg lettuce, tomatoes, onions crackers and choice of dressing Cake Coffee/Tea/Milk | Chicken Tenders w/BBQ Sauce macaroni & tomatoes Broccoli Florets Wheat Roll Mandarin Oranges Coffee/Tea/Milk | Entrée Vegetable/Fruit Vegetable/Fruit Grain Fruit Coffee/Tea/Milk |
| 20-Mar | 21-Mar | 22-Mar | MAR 23 *****Birthday/Anniversary | 24-Mar |
| Hot Dog w/ chili & cheese French Fries Coleslaw Baked beans Sliced pears Coffee/Tea/Milk | Herb Pork Cutlet w/ Brown Gravy Baked Potato carrots Wheat Roll Pudding Coffee/Tea/Milk | Goulash w tomatoes spinach Italian Bread Tropical Fruit Coffee/Tea/Milk | Oven Fried Chicken Mashed Potatoes & Gravy Peas & Carrots Wheat roll Birthday Cake w/ fruit Coffee/Tea/Milk | Entrée Vegetable/Fruit Vegetable/Fruit Grain Fruit Coffee/Tea/Milk |
| 27-Mar | 28-Mar | 29-Mar | 30-Mar | 31-Mar |
| Chicken Fried Steak Mashed Potatoes Peas Garlic Roll Mandarin oranges Coffee / Tea / Milk | Meatloaf w/ ketchup Seasoned Roasted Potatoes Carrots Wheat Roll Carrot cake Coffee / Tea / Milk | Seasoned Beans w/ Ham Potatoes w/ Onions spinach Cornbread Brownie Coffee/Tea/Milk | Taco Salad, meat, cheese, beans tomatoes Tomatoes Tostito Chips peaches Coffee/Tea/Milk | Entrée Vegetable/Fruit Vegetable/Fruit Grain Fruit Coffee/Tea/Milk |

Monday-Friday a small lettuce salad with French or Ranch is optional
 Friday a Homemade Vegetable soup is optional
 Everyday Coffee/tea/Milk

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