











# Council on Aging March 2020 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Beans with Canadian Bacon Baby Carrots Mac &amp; Cheese Pears 2% Milk</p> 	<p>3</p> <p>Sweet &amp; Sour Chicken Brown Rice Egg Rolls Yogurt Juice 2% Milk</p>	<p>4</p> <p>Fish Wedge Potatoes Blend Vegetables Corn Muffin Fruit Margarine &amp; Jelly 2% Milk</p>	<p>5</p> <p>Spaghetti with Sauce Green Beans Garlic Bread Stick Orange Margarine &amp; Jelly 2% Milk</p>	<p>6</p> <p>Vegetable Soup Chicken Caesar Salad with Tomato Salad Dressing Crackers Pound Cake with Peaches 2% Milk</p>
<p>9</p> <p>Beef Mac &amp; Cheese Casserole Lima Beans Orange Roll 2% Milk</p> 	<p>10</p> <p>Hamburger on Bun Lettuce / Tomato / Onion Tater Tot Casserole Yogurt Ketchup Juice 2% Milk</p>	<p>11</p> <p>BBQ Sandwich Parsley Potatoes Coleslaw Dump Cake 2% Milk</p> 	<p>12</p> <p>Turkey Sandwich Cream of Potato Soup Fruit Salad Fig Bar Saltines Mayo 2% Milk</p>	<p>13</p> <p>Chicken &amp; Dumplings Green Beans Baby Carrots Fruit Brownie 2% Milk</p>
<p>16</p> <p>BBQ Chicken Potato Salad Peas &amp; Carrots Garlic Cheese Biscuit Vanilla Wafers Yogurt 2% Milk</p>	<p>17</p> <p>Lasagna Mix Vegetables Garlic Bread Stick Jello Juice 2% Milk</p> 	<p>18</p> <p>Chicken Stir Fry with Vegetables Brown Rice Fruit Cookies Egg Rolls 2% Milk</p>	<p>19</p> <p>Sloppy Joe Sandwich Parsley Potatoes Coleslaw Peaches 2% Milk</p> 	<p>20</p> <p>Oven-Fried Chicken Peas Dirty Rice Cornbread Orange 2% Milk</p>
<p>23</p> <p>Meatball Sub with Cheese Cream of Potato Soup Orange Crackers 2% Milk</p> 	<p>24</p> <p>Pimento Cheese Sandwich Beef Vegetable Soup Fruit Crackers Rice Krispy Treat 2% Milk</p>	<p>25</p> <p>Salmon Patty Steamed Cabbage Escalloped Tomatoes Garlic Biscuit Jello Vanilla Wafers 2% Milk</p>	<p>26</p> <p>Salisbury Steak with Gravy Blend Vegetables Mac &amp; Cheese Fig Bar Juice 2% Milk</p>	<p>27</p> <p>BBQ Sandwich Coleslaw Pears Cupcake Jello 2% Milk</p>
<p>30</p> <p>Chili &amp; Beans with Meat Roasted Corn Applesauce Corn Muffin 2% Milk</p>	<p>31</p> <p>Baked Chicken Green Bean Casserole Parsley Noodles Fruit Roll Juice 2% Milk</p>			<p>Call the day before to order Senior Meal of the Day Guest \$5.50 Eat In-Take Out 919-542-4512 Alan 919-742-3975 Teresa or Fred</p>