

# Council on Aging March 2023 HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
If you have any questions or need to cancel your meal Contact: Barbara Woody 919-542-4512 ext.232		Pork Loin w/Gravy Steamed Cabbage Black Eyed Peas Corn Muffin w/Marg. Orange Slices 2% Milk	Steakburger on Bun/Onions Slaw Baked Beans Warm Fruit 2% Milk	Chicken and Dumplings Baby Lima Beans Stewed Apples Yeast Roll w/Marg. Fruit Yogurt 2% Milk
6	7	8	9	10
Baked Chix Tenders w/Gravy Peas and Carrots Red Skin Potatoes Wheat Roll w/Marg. Cold Fruit Crisp 2% Milk	Chili Con Carne Corn Rice Corn Muffin Orange Slices 2% Milk	Sliced Ham w/Raisins Chopped Collards Great Northern Beans Yeast Roll w/Marg. Canned Fruit 2% Milk	Chicken Fajitas on Tortilla Sauteed Onions and Peppers Mexican Rice Chopped Lett. And Tom. Shredded Cheese Fresh Fruit 2% Milk	Sloppy Joe on Bun Slaw Parsley Potatoes Warm Fruit 2% Milk
13	14	15	16	17
Chicken Pot Pie Baby Lima Beans Broccoli Salad Banana Bread 2% Milk	Beef Tips w/Gravy Brown Rice Green Beans Canned Fruit Cookies 2% Milk	Chix Bites w/Ranch Dip Slaw w/Carrots Yeast Roll w/Marg. Warm Fruit 2% Milk	Pulled Pork on Bun Okra and Tomatoes Mandarin Oranges Cookies 2% Milk	Beefy Mac Casserole Green Peas Yeast Roll w/Marg. Fresh Fruit 2% Milk
20	21	22	23	24
Steakburger /Bun/Cheese Broccoli Salad Stewed Apples Cookies 2% Milk	Sliced Ham Green Beans Mashed Sweet Potatoes Yeast Roll w/Marg. Canned Fruit 2% Milk	Pinto Beans Okra and Tomatoes Macaroni and Cheese Corn Muffin Orange Slices 2% Milk	Baked Ziti Tossed Salad w/Dressing Carrots Yeast Roll w/Marg. 2% Milk	BBQ Chicken Lima Beans Mashed Potatoes Wheat Roll Cupcake 2% Milk
27	28	29	30	31
Chicken Rice Casserole Buttered Spinach Squash and Zucchini Wheat Roll w/Marg. 2% Milk	Meatloaf w/Gravy Buttered Macaroni Chopped Collards w/Vinegar Yeast Roll w/Marg. Canned Fruit 2% Milk	Pork Loin w/Gravy Red Bliss Potatoes Stewed Apples Yeast Roll w/Marg. Cookies 2% Milk	Chicken Pot Pie Green Beans Slaw Cupcake 2% Milk	Great Northern Beans Steamed Cabbage Corn Muffin Fruit Salad Cookies 2% Milk