

SWIRCA & More

Nutrition Menu March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Entrée: 2 ½ -3 oz Veg/Salad/Dessert ½ cup Margarine: 1 teaspoon Bread: 1 slice Milk: ½ pint Casseroles: 8oz	1 Homemade Beef Stew Seasoned Cabbage Biscuit Mandarin Oranges Milk	2 Parmesan Chicken Baby Bakers Carrots Bread Fruit Crisp Milk	3 Chicken & Noodles Stewed Tomatoes Warm Spiced Applesauce Roll Milk	4 Lunch provided by Bell Oaks. Please sign up so we'll know how many are eating.
7 Cubed Pork Patty Red Skin Potatoes Broccoli Pears Bread/Marg. Milk	8 Chicken Patty on English Muffin Cheesy Hominy Carrots Banana Milk	9 Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk	10 Penne Pasta w/Meat Sauce Italian Green Beans Texas Toast Warm Apples Milk	11 Irish or Green Food Carry-in It's a good day to be Irish!
14 Beef & Noodles Mashed Potatoes Spiced Peaches Tomato Salad Bread/Margarine Milk	15 Oven Fried Chicken Mashed Sweet Potatoes Seasoned Green Beans Apricots Bread/Margarine Milk	16 Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Bread/Margarine Mandarin Oranges Milk	17 <u>Nutrition Awareness Day</u> Pork Roast w/Gravy Stuffing Vegetable Blend Cherry Ambrosia Milk	18 Lunch provided by Diana and David Zengler. Please register if you plan to eat with us today.
21 Stuffed Chicken Sweet Potatoes Broccoli Bread/Margarine Pudding Milk	22 Smoked Pork Chop AuGratin Potatoes Peas Wheat Bread/Marg Pears Milk	23 Ham & Beans Pickled Beets Cornbread Fruit Crisp Milk	24 Cream of Broccoli Soup Grilled Cheese Sandwich Spiced Apples Crackers Lorna Doone Cookies Milk	25 Easter Dinner? Eggstravaganza? Let us know your choice. Meat provided by the Center. Everybody should bring side dishes.
28 Quarter Pound Frank on Bun Baked Beans Mixed Vegetables Pineapple Chunks Milk	29 Hard-Boiled Egg Sausage Pattie Country Gravy Biscuit Danish Fresh Orange Milk	30 Hamburger on Bun Chuckwagon Corn Spiced Peaches Oreo Cookies Milk	31 Beef Stew Seasoned Cabbage Biscuit Applesauce Milk	Your meal is provided on a donation basis, whatever you can afford to contribute. There is no set fee or charge. A suggested donation is \$3.50 per meal. Cash, checks, or Food Stamps are accepted.

