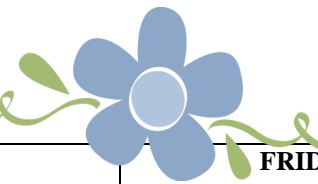




# MARCH 2019 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <b>Higher in salt</b>		<b>1</b> Breaded Fish Salad W/Broccoli Wheat Roll Honeydew
<b>4</b> BBQ Chicken Thigh California Mix Veggies Wheat Bread Applesauce	<b>5</b> Spaghetti W/Meatsauce Caesar Salad Sourdough Bread Diced Peaches	<b>6</b> Tuna Salad Sandwich on Wheat Bread Corn Chowder Soup Cantaloupe	<b>7</b> Cheeseburger (Tomato/Lettuce/Onion) Potato Salad Tropical Fruit	<b>8</b> Vegetarian Tostada Cabbage & Cilantro Sliced Apples
<b>11</b> Country Style Meatloaf Mashed Potatoes Wheat Roll Mixed Fruit	<b>12</b> Seasoned Beef and Bean Burrito Tossed Salad W/Broccoli Diced Peaches	<b>13</b> Chinese Chicken Stir Fry Rice Cantaloupe Tapioca Pudding	<b>14</b> BBQ Pork Sandwich Coleslaw W/Carrots Honeydew	<b>15</b> Cheese Lasagna Carrot/Raisin Salad Sourdough Bread Tropical Fruit
<b>18</b> Corned Beef & Cabbage Obrien Potatoes Wheat Roll Sliced Apples	<b>19</b> Turkey & Cheese Sandwich (Tomato/Lettuce/Onion)  Minestrone Soup Tropical Fruit	<b>20</b> Salisbury Steak Baked Potato W/ Sour Cream Wheat Roll Cantaloupe	<b>21</b> Pesto Chicken Bowtie Pasta Broccoli Salad Sourdough Raisins	<b>22</b> Vegetarian Enchilada Casserole Hi C Salad Fruited Jello
<b>25</b> Pork Chili Verde Refried Beans Tortilla Tropical Fruit	<b>26</b> Beef & Vegetable Stew Egg Noodles Hi C Salad Diced Peaches	<b>27</b> Cheeseburger (Tomato/Lettuce/Onion) Pork & Beans Sliced Apples	<b>28</b> Beef Stroganoff Peas & Carrots Sourdough Bread Cantaloupe	<b>29</b> Macaroni & Cheese California Mixed Veggies  Pineapple Bits Chocolate Pudding

Funding through: Fresno-Madera Agency on Aging

All meals include low fat milk

Suggested donation \$2.50

Non Senior Rate \$ 5.75