

**O'Connor Senior Center
March 2019**

Sun	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 Pancake Fest	2
3	4 Salmon patty (tartar sauce) Steamed broccoli Hoppin John Roll/Fruit juice	5 Sausage with peppers and onions Red beans and rice Mixed greens Roll /Pineapple cup	6 Spanish rice Broccoli Corn Wheat roll Fruit cup	7 Chicken stew Peas Baked peaches Wheat crackers	8 Pizza burger on bun Mixed vegetables Ranch potatoes/Fresh fruit	9
10	11 Pineapple teriyaki chicken with Vegetable rice Broccoli Pear and blueberry crisp/Roll	12 Whole grain pancake and sausage Maple glazed apples Hash brown casserole V-8 juice	13 Chicken casserole Glazed carrots Green peas Wheat roll Fruit juice	14 Italian pasta w/ meat sauce Italian blend vegetables Corn Garlic knot Applesauce	15 BBQ pork riblet Vegetable baked beans Vegetable medley Multigrain bread Fruit cup	16
17	18 Chili Fiesta corn Coleslaw Crackers Pineapple cherry crisp	19 BBQ chicken Baked beans California blend Multigrain roll Fruit juice	20 Macaroni and cheese Lima beans Stewed tomatoes Multigrain roll Applesauce	21 Beef stew w/ vegetables Creamed corn Crackers Cherry peach crisp	22 Chicken patty on bun Green beans Parsley potatoes Ambrosia	23
24	25 Roast beef Mashed potatoes Green peas Baked Peaches Wheat roll	26 Apple glazed chicken Sweet potatoes Seasoned green beans Multigrain roll	27 Fish patty w/ tartar sauce Succotash Coleslaw Roll Blueberry apple crisp	28 White beans and ham Brussel sprouts Macaroni and tomatoes Cornbread Fruit juice	29 Meatloaf Green beans Whipped potatoes Onion roll Applesauce	30

PLEASE NOTE: MEAL SERVICE BEGINS AT 11:00 AM AND CONTINUES UNTIL ALL THE FOOD IS GONE, OR UNTIL 12:30 PM, WHICHEVER COMES FIRST.

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