

# Senior Wellness Center

Free for 60 and over

\$5.00 for 59 and younger or you

March 2020

\$3.00 for 18 and younger

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 <b>Meat Loaf Sandwich</b> ww bread roasted asparagus canned fruit	3 <b>Baked Smelts</b> brown rice roasted vegetables  fresh fruit	4 <b>Grilled chicken</b> Salad with honey mustard dressing	5 <b>Beef Enchilada</b> casserole Rice and Black Beans  canned fruit	6 <b>Sausage, Kale</b> Potato Soup ww crackers  fresh fruit	
	9 <b>Turkey Sandwich</b> alfalfa sprouts ww bread broccoli soup canned fruit	10 <b>Roast Beef</b> mashed potatoes steam carrots  canned fruit	11 <b>Chicken Caccitore</b> roasted spaghetti squash	12 <b>Spagetti</b> Green Salad garlic bread  Fresh fruit	13 <b>Tortilla Soup</b> tex-mex salad  oranges	
	16 <b>Carne Asada Quesdillas</b> guacamole/sour cream  canned fruit	17 <b>Brisket n Cabbage</b> rosemary roasted potatoes steamed vegetables fresh fruit	18 <b>Turkey Vegetable Soup</b> ww dinner roll	19 <b>Chicken'n Rice</b> with Pioxi Spring salad mix  canned fruit	20 <b>Pork Posole</b> brown rice ww. tortilla bread  fresh fruit	
	23 <b>Stuffed Pork Roll</b> carrot'n cashews  canned fruit	24 <b>Baked Salmon</b> lookish mash potatoes sauteed vegeatables canned fruit	25 <b>Asparagus potato soup</b>  crackers	26 <b>Bison Stew</b> with roots ww bread  fresh fruit	27 <b>Salmon Cakes</b>  green salad  fesh fruit	
	30 <b>Split Ham'n pea Soup</b> hard tack  canned fruit	31 <b>Pork Ribs</b> apple slaw roasted red potatoes  B-D cake				

Approved by Kacey Conyers, RD 4/1/15

**Monday, Wednesday and Friday are Exercise Days lunch for participants**  
**Tuesday and Thursday is Senior Luncheon at noon (12pm)**