

Senior Wellness Center

60 and older = free

59 and under = \$3.00 or Assist with
Clean up.

March 2023

Children 18 and under = \$1.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pork Chops Mashed potatoes Mixed Veggies canned fruit	2 Bowtie Chicken alfredo peas whole wheat bread canned fruit	3 Biscuits & Gravy Hashbrowns scrambled eggs fresh fruit	4
5	6 Baked Chicken Breasts ceasar salad canned fruit	7 Salmon Patties seasoned oven fries Green beans fresh fruit	8 Salisbury Steak mashed potatoes roasted veggies chocolate pudding	9 Turkey Club wheat bread potatoe salad canned fruit	10 Chili Beans corn bread cheese, onions ww crackers fresh fruit	11
12	13 Cream of Broccoli green salad WW crackers orange jello w/ fruit	14 Chicken Enchiladas brown rice refried beans fresh fruit	15 Clam Chowder oyster crackers or ww dinner roll canned fruit	16 Quiche roasted mini spuds mixed veggies whole wheat bread canned fruit	17 Ireland Belongs Irish Deer Roast honey carrots&parsnips Mashed potatoes fresh fruit	18
19	20 Chicken Quesadillas pico de gelo spanish rice canned fruit	21 Spaghetti tossed salad garlic bread corn fresh fruit	22 Baked Chicken Thighs buttered noodles steamed broccoli chocolate pudding pie	23 B.L.T. whole wheat bread green salad canned fruit	24 Beef Stroganoff Steamed rice roasted veggies fresh fruit	25
26	27 Chef Salad turkey, ham, cheese avacado, tomatoe canned fruit	28 Hearty beef stew dinner roll or ww crackers fresh fruit	29 Barbeque Chicken Scalloped potatoes Corn canned fruit	30 French Dip Sandwich auj jus sweet potaote fries canned fruit	31 Baked Salmon Looksh Mash Roasted Veggies birthday cake	

Approved by Kacey Conyers, RD 5/28/19

Tuesday, Wednesday and Friday are congregate meal days from 12pm - 1 pm

Monday & Thursday are Senior Exercise days from 10:45am - 11:45am, a meal is provided for participants