

Senior Dining Menu For March 2010

IF YOU ARE 60 OR BETTER, THIS PROGRAM IS FOR YOU!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 1 | 2 | 3 | 4 | 5 |
| Pepper Steak Mashed Potatoes Red Cabbage 12 Grain Bread/Marg. *Tropical Fruit Cup | Fruited Chicken Salad Grandma's Potato Salad Cherry Tomatoes Dinner Roll/Margarine *Sherbert | Hot Beef Sandwich Potato Wedges Broccoli w/Cheese Onion Roll/Margarine *Jello | Turkey Breast/Gravy Baked Sweet Potato Edward Blend Vegetables Dinner Roll/Margarine *Lemon Glazed Cake | Breaded Fish Sandwich Macaroni & Cheese Steamed Baby Carrots Bun Fresh Fruit Blend |
| 8 | 9 | 10 | 11 | 12 |
| Meatballs W/Gravy Mashed Potatoes Beets Blueberry Muffin/Marg. Fresh Fruit | Pork Chop Suey Rice Oriental Blend Vegetables 7 Grain Bread/Margarine *Coconut Cream Pie | Lasagna Roll Up Italian Blend Vegetables Tossed Salad Italian Bread *Big Chocolate Chip Cookie | Sloppy Joe German Potato Salad Corn Bun Apricots | Cheese Omelet Sausage Links Country Potatoes Cinnamon Bread/Marg. *Fruited Yogurt |
| 15 | 16 | 17 | 18 | 19 |
| Chili Warm Scalloped Apples Corn Muffin/Margarine *Ice Cream | Ham w/pineapple sauce Scalloped Potatoes Wisconsin Blend Vegetables Honey Wheat Bread/Marg. *Citrus Fluff | Cabbage Roll Mashed Potatoes Green Peas Rye Bread/Margarine *Pistachio Cake | Hawaiian Chicken Harvest Rice Pacific Blend Vegetables Whole Grain White/Marg. Fresh Fruit | Crabby Patty w/Dill Sauce Baked Potato French Style Green Beans Marble Rye Bread/Marg. *Fruited Jello |
| 22 | 23 | 24 | 25 | 26 |
| Chicken Stew W/Peas & Carrots Applesauce Biscuit/Margarine *Tapioca Pudding | Salisbury Steak/Gravy Mashed Potatoes Stewed Tomatoes WW Bread/Margarine *Oatmeal Cookie | Bratwurst/Kraut Round Baby Potatoes Vegetables Normandy Bun *Blueberry Pie | Yankee Pot Roast Mashed Potatoes Mixed Vegetables Assorted Roll/Margarine Fresh Fruit | Cold Seafood Salad Cottage Cheese Sliced Peaches Wheat Crackers *Banana Cake |
| 29 | 30 | 31 | | |
| Hamburger Baked Beans Pickles WW Bun *Seedless Grapes | Broccoli & Cheese Soup Hot Ham Sandwich 7 Layer Salad Assorted Roll *Brownie | Enchiladas Mexican Rice Mexicalli Corn Corn Muffin Lime Torte | | |

All canned fruits and applesauce are served in juice with no added sugars.

****SPECIAL DIETS MAY ALTER THIS MENU AS PRINTED****

THIS MENU IS SUBJECT TO CHANGE

Deadline for Reservations: 3:00 p.m. of the preceding day. Anyone 60 years of age and spouse of any age are invited to participate. Co-sponsored by Lincoln Lutheran of Racine, Inc. and Racine County Human Services Department.

**CITY SITES
634-2334**

**ANSWERING MACHINE
637-0727**

**COUNTY SITES (TOLL FREE)
1-877-637-0327**