



# SENIOR CITIZENS MENU MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Pork Fritter w/ Cream Gravy Whipped Potatoes Seasoned Green Beans Chilled Apricots Dinner Roll Choice of Milk	<b>2</b> Oven Baked Chicken Spanish Rice Green Peas Gelatin w/ topping Whole Wheat Bread Choice of Milk	<b>3</b> Pepper Steak Seasoned Corn Steamed Broccoli Coconut Pie Dinner Roll Choice of Milk	<b>4</b> Tuna Noodle Casserole Fried Okra Salad w/Dressing Chocolate Chip Cookies Whole Wheat Bread Choice of Milk	<b>5</b> Pinto Beans and Ham Marinated Tomatoes /Onion Salad Cheesecake Cornbread Choice of Milk
<b>8</b> Spaghetti with Meat Sauce Italian Vegetables Chilled Juice Pineapple Pudding Fresh Garlic Bread Choice of Milk	<b>9</b> Charbroiled Strip Steak w/Onions Scalloped Potatoes Seasoned Green Peas Apple Jubilee Dinner Roll Choice of Milk	<b>10</b> Chicken Filet /Bun Baked Beans Lettuce, Tomato, Pickle , Onion, Mustard, Mayo Tropical Fruit Choice of Milk	<b>11</b> Peppered Beef Tips served over Noodles Yellow Squash Tomato Wedges(2) Gelatin w/ topping Whole Wheat Bread Choice of Milk	<b>12</b> Parmesan Baked Chicken Rice Pilaf Mixed Greens Orange Gelatin Cake Whole Wheat Bread Choice of Milk
<b>15</b> Smoked Beef Sausage Sliced Carrots Chilled Potato Salad Peanut Butter Cookies Whole Wheat Bread Choice of Milk	<b>16</b> Chicken Cacciatore Whipped Potatoes Seasoned Green Beans Butterscotch Pudding Dinner Roll Choice of Milk	<b>17 St Patrick's Day</b>  Irish Stew served w/ Cornbread Pears with Cheese Lime Shamrock Cake Choice of Milk	<b>18</b> Mexican Casserole Steamed Corn Salsa, Sour Cream Mandarin Oranges Vanilla Pudding Swirl Fresh Tortilla Choice of Milk	<b>19</b> <p style="text-align: center;"><b>CITY FURLOUGH DAY</b></p> <p style="text-align: center;"><b>ALL CENTERS CLOSED</b></p>
<b>22</b> Chicken Spaghetti Black-eyed Peas Salad w/Dressing Raspberry Sherbet Whole Wheat Bread Choice of Milk	<b>23</b> Swiss Steak Seasoned Hominy Seasoned Green Beans Sliced Pears Whole Wheat Bread Choice of Milk	<b>24</b> Chicken Strips served w/ Cream Gravy Whipped Potatoes Green Pea Salad Sliced Pineapple Dinner Roll Choice of Milk	<b>25 Birthday's</b> Meatball Stroganoff served over Rice Sliced Carrots Chilled Juice *Birthday Cake Whole Wheat Bread Choice of Milk	<b>26</b> Sliced Ham Baked Potato w/Sour Cream Steamed Broccoli Tropical Fruit Whole Wheat bread Choice of Milk
<b>29</b> Rib B Q n a Bun Potato Rounds Lettuce, Sliced Onion, Catsup Chilled Peaches Ice Cream Choice of Milk	<b>30</b> Creole Chicken served on a bed of Rice Fried Okra Orange Juice Banana Pudding Whole Wheat Bread Choice of Milk	<b>31</b> Salisbury Steak in Gravy Whipped Potatoes Mixed Vegetables Chocolate Cake Dinner Roll Choice of Milk	<p><b>ROSE PARK</b>  <b>DINING ROOM HOURS 11:30-12:15</b>  <b>TAKE-HOME MEALS 12:15-12:30</b></p> <p><b>COBB , G.V. DANIELS, SEARS</b>  <b>SOUTH PARK</b>  <b>11:30AM-1200 PM</b>  <b>TAKE-HOME MEALS 12PM – 12:15PM</b></p>	
 <p style="text-align: center;"><b>Birthday cake donated by:</b>  <b>Coronado</b>  <b>Nursing Center</b>  <b>751 N. 15<sup>th</sup></b>  <b>Abilene, Texas 79603</b></p>				