

Senior Living Menu for March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast			1st Choice of hot or cold cereal, French toast, bacon, toast	2nd Choice of hot or cold cereal, scrambled eggs, breakfast ham slice, toast	3rd Choice of hot or cold cereal, egg of choice, sausage patty, toast	4th Choice of hot or cold cereal, waffles, sausage patty
5th Choice of hot or cold cereal, egg of choice, sausage patty, toast	6th Choice of hot or cold cereal, blueberry pancake, bacon	7th Choice of hot or cold cereal, sausage gravy, biscuit	8th Choice of hot or cold cereal, egg of choice, sausage patty, toast	9th Choice of hot or cold cereal, breakfast casserole, toast	10th Choice of hot or cold cereal, French toast, sausage patty	11th Choice of hot or cold cereal, waffles, sausage patty
12th Choice of hot or cold cereal, egg of choice, sausage patty, breakfast muffin	13th Choice of hot or cold cereal, scrambled eggs, bacon, banana bread	14th Choice of hot or cold cereal, sausage gravy, biscuit	15th Choice of hot or cold cereal, egg of choice, sausage patty, toast	16th Choice of hot or cold cereal, pancakes, sausage patty	17th Choice of hot or cold cereal, egg of choice, sliced baked ham, raisin toast	18th Choice of hot or cold cereal, scrambled eggs, sausage patty, toast
19th Choice of hot or cold cereal, scrambled egg, sausage patty, toast	20th Choice of hot or cold cereal, scrambled egg, bacon, breakfast muffin	21st Choice of hot or cold cereal, sausage gravy, biscuit	22nd Choice of hot or cold cereal, pancakes, sausage patty	23rd Choice of hot or cold cereal, Denver scramble, sausage patty, toast	24th Choice of hot or cold cereal, egg of choice, sliced baked ham, toast	25th Choice of hot or cold cereal, scrambled egg, sausage patty, biscuit
26th Choice of hot or cold cereal, egg of choice, sausage patty, coffee cake	27th Choice of hot or cold cereal, pancakes, sausage patty	28th Choice of hot or cold cereal, sausage gravy, biscuit	29th Choice of hot or cold cereal, French toast, bacon, toast	30th Choice of hot or cold cereal, scrambled eggs, breakfast ham slice, toast	31st Choice of hot or cold cereal, egg of choice, sausage patty, toast	

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Lunch			1st Baked ham, au gratin potatoes, Brussel sprouts	2nd Chicken cordon bleu, roasted potatoes, glazed carrots	3rd Breaded fish sandwich, cheesy rice, creamed spinach	4th Beef steak with gravy, rice pilaf, vegetable blend
5th Chicken fried chicken breast, mashed potatoes & gravy, buttered corn	6th Brown sugar mustard glazed smoked sausage, garlic red roasted potatoes	7th Beef pepper steak, glazed sweet potatoes, seasoned cabbage, roll	8th Bean with ham soup, fried potatoes, cornbread	9th Chicken & dumplings, glazed carrots, roll	10th Fish of the day, cheesy noodles, creamy coleslaw	11th Salisbury steak, mashed potatoes & gravy, steamed broccoli, roll
12th Honey glazed ham, baked fresh sweet potato, parslid cauliflower, roll	13th BBQ pork ribette sandwich, brown rice	14th Hamburger or cheeseburger, coleslaw, baked French fries	15th Stuffed peppers, garlic red roasted potatoes	16th Homemade meatloaf, glazed baby carrots, country mashed potatoes	17th Corned beef and cabbage, roasted potatoes, rye bread, green Jell-O poke cake	18th Beef stew, sauteed zucchini & onions, roll
19th Swedish meatballs, brown rice, broccoli & cauliflower, roll	20th Beef soft tacos, refried beans, corn with red peppers	21st Toasted ravioli with marinara sauce, buttered peas, garlic bread	22nd Herb roasted chicken, creamed potatoes, seasoned green beans	23rd Roast beef, braised carrots, potatoes & onions, roll	24th Lemon baked fish, buttered rice, steamed vegetables	25th Fried chicken, buttered corn, baked macaroni & cheese, cornbread
26th BBQ pork, baked beans, confetti corn, cornbread	27th Chicken & dumplings, steamed carrots, roll	28th Beef tips in gravy, buttered noodles, Italian blend vegetables, roll	29th Baked ham, au gratin potatoes, Brussel sprouts	30th Hamburger or cheeseburger, French fries, coleslaw	31st Breaded fish sandwich, cheesy rice, creamed spinach	

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Dinner			1st Aloha chicken, baked potato	2nd Meatloaf, mashed potatoes & gravy, garlic green beans	3rd Pizza, Caesar salad, garlic breadstick	4th Sweet & sour chicken, steamed vegetables, white rice
5th Cream of tomato soup, hot ham & cheese sandwich, country style tomatoes	6th Homemade chili, side salad with dressing, cornbread	7th Chicken enchiladas, refried beans, Mexican rice	8th Sloppy joes on bun, mashed garlic cauliflower, capri vegetables	9th Baked ziti, tossed salad with dressing, garlic breadstick	10th Classic patty melt, green beans	11th Chicken pot pie, mixed vegetables
12th French dip beef sandwich, potato chips, buttered corn	13th BLT sandwich, chips, chopped tossed salad	14th Creamy chicken spaghetti, California blend vegetables	15th Baked pork chop, herb stuffing, buttered carrots	16th Classic club sandwich, baked sweet potato fries	17th Grilled chicken breast sandwich, onion rings	18th Homemade lasagna, buttered Italian blend vegetables, garlic bread
19th Chicken salad sandwich, potato chips, side salad with dressing	20th Honey glazed pork loin, roasted vegetables, scalloped potatoes, roll	21st Fried bologna & cheese sandwich, stewed tomatoes, garden pasta salad	22nd Polish sausage, sauerkraut, garlic red roasted potatoes	23rd Country fried steak with gravy, buttered noodles, mixed vegetables	24th Pulled pork sandwich, French fries, coleslaw	25th BBQ burger on bun, onion rings
26th Tomato soup, grilled ham & cheese sandwich, side salad with dressing	27th Reuben sandwich, dill pickle spear, crispy French fries	28th Beef taco salad, refried beans	29th Aloha chicken, baked potato	30th Meatloaf, mashed potatoes & gravy, garlic greens beans	31st Pizza, Caesar salad, garlic breadstick	