

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
To cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.	**Milk offered with all meals. All meals meet 1/3 of the Recommended Daily Allowance (RDA) for older adults.  Stephanie Labenz RD,LD	1 Bean and Cheese Burrito Calico Corn Fruit Cocktail Peanut Butter Bar	2 Cook's Choice Ham & Cheese Sandwich Chips BLT Pasta Salad Fruit Cup Muffin	3 Tuna Noodle Casserole Peas & Carrots Apricots Cake
6 Minestrone Soup 1/2 Ham Salad Sandwich Fruit Cocktail Fruited Yogurt Crackers	7 Chicken Patty Sandwich Tri Tator Cole Slaw Strawberries	8 Swiss Steak Rice Winter Blend Vegetables Cinnamon Applesauce	9 Chicken A La King w/Biscuit Green Beans Apples Frosted Brownie	10 Baked Tilapia Broccoli Rice Au Gratin Cauliflower Banana Muffin
13 Meatloaf Creamed Potatoes Brussels Sprouts Tropical Fruit	14 Potato Soup 1/2 Egg Sandwich Crackers Copper Penny Salad Fruit Cocktail	15 Pork w/ Brown Gravy Whipped Potatoes Garden Mix Vegetables Peaches	16 Spaghetti & Meatballs Vegetable Medley Orange & Banana Cup Raisin Bread Pudding	17 Corned Beef and Cabbage Potatoes & Carrots Emerald Pears Frosted Poke Cake Happy St. Patrick's Day!
20 Beef Pepper Steak over Rice Spinach Apricots Cookie	21 Soup Broccoli Salad CranPineapple Salad Cornbread	22 Oven Fried Chicken Mashed Potatoes w/ Gravy Lima Beans Strawberries Dessert	23 Cook's Choice Chilidog Casserole Buttered Corn Pears Butterscotch Bar	24 Baked Fish Parslied Potatoes Creamed Asparagus Orange Raisins
27 Ham Loaf Mashed Potatoes Stewed Tomatoes Chilled Pineapple	28 Chicken Pot Pie Seasoned Butter Beans Banana Vanilla Cream Pudding	29 Lemon Honey Chicken Potatoes Asparagus Diced Peaches Cherry Crisp	30 Taco Casserole Mexi Corn Cornbread Mixed Fruit	31 Hamburger on a Bun Baked Beans Potato Salad Applesauce