


# March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
	<b>To Cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.</b>	**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.	 Stephanie Labenz, RD,LD	Bean & Cheese Burrito Chuckwagon Corn Fruit Cocktail Cherry Almond Bar
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Chili over Baked Potato Topped w/Cheese California Blend Vegetables Cinnamon Applesauce	Chicken A La King w/ Noodles Green Beans Grapes Frosted Brownie	Baked Lemon Pepper Cod Broccoli Rice Bake Banana Muffin	<b>Cook's Choice</b> Chicken Strips Diced Potatoes w/Cheese Peas & Carrots Dark Cherries	Taco Soup 1/2 Chicken Salad Sandwich Peaches Crackers Yogurt
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Cook's Choice</b> Cheeseburger on Bun Tri-Tators Corn Orange	Chicken Quesadilla Black Bean Corn Salsa Tortilla Chips Cherry Pineapple Crisp	Caribbean Pork Loin Chop Wild Rice with Tomatoes Roll & Butter Strawberries	Ham & Mushroom Omelet Hashbrowns Copper Penny Salad Mandarin Oranges Bran Muffin	Baked Fish Mashed Potatoes Cauliflower & Peas Mixed Fruit Oatmeal Raisin Bar
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
BBQ Chicken Parmesan Sweet Potatoes Steamed Broccoli Blueberries	Chicken Stir Fry & Vegetables Over Rice Mandarin Oranges Apple Butter Bar	Hamburger Cabbage Soup Garden Salad Dinner Roll & Butter Fruit Cocktail Apple Crisp	Garlic Meatballs w/Mushroom Gravy Mashed Potatoes Cauliflower Strawberries	Pizza Burger on Bun Italian Blend Vegetables Diced Pears Cake
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Cheesy Broccoli Tuna Bake Carrots Dark Cherries Dessert Bread	Honey Mustard Pork Loin Cheddar Sour Cream Potatoes Brussels Sprouts Orange Almond Bar	Apple Cranberry Chicken Rice Mixed Vegetables Banana	Santa Fe Salad w/Chicken Crackers Black Bean Salad Tropical Fruit Extra Meal for Friday	CLOSED  GOOD FRIDAY