

Monday	Tuesday	Wednesday	Thursday	Friday
PG Senior Center MARCH 2013 Lunch Menu				
	Numbers in () represent carbohydrate counts.			1 Baked Ham (05) Cheesy Potatoes (15) Peas (05) Roll (15) Banana (15) Low Fat Milk (12)
4 Salisbury Steak (10) Potatoes & Gravy (15) Green Beans (05) Roll (15) Peaches (15) Low Fat Milk (12)	5 Baked Fish (05) Roasted Potatoes (15) 3 Bean Salad (05) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	6 Beef Taco Salad (40) Tortilla Chips, Lettuce, Drsg Beans, Cheese, Tomato, Mandarin Oranges (15) Brownie (35) Low Fat Milk (12)	7 Macaroni & Cheese w/Frankfurters (35) Mixed Veggies (10) Roll (05) Banana (15) Low Fat Milk (12)	8 Roast Turkey (05) Potatoes & Gravy (15) Corn (15) Roll (15) Apple (15) Low Fat Milk (12)
11 Baked Chicken Breast (10) Potatoes & Gravy (15) Green Beans (05) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	12 Spaghetti & Meat Sauce(35) Mixed Veggies (05) Garlic Bread (15) Pears (15) Low Fat Milk (12)	13 Clam Chowder (35) Peas & Carrots (05) Green Salad (05) Corn Bread (15) Orange (15) Low Fat Milk (12)	14 <u>Breakfast</u> Sausage Patty (10) Biscuit/Gravy (30) Eggs (06) Banana (15) Low Fat Milk (12)	15 Corned Beef & Cabbage (10) New Potatoes (15) St. Patty's Day Salad (15) Irish Barmbrack (35) Low Fat Milk (12)
18 Country Fried Steak (10) Potatoes & Gravy (15) Peas (05) Roll (15) Peaches (15) Low Fat Milk (12)	19 Lasagna (25) Corn (15) Green Salad (05) Spiced Apples (15) Low Fat Milk (12)	20 Hawaiian Haystacks (30) Noodles, Celery, Peas, Pineapple, Onions Calif. Blend Veg. (05) Mandarin Oranges (15) Low Fat Milk (12)	21 Sloppy Joe (30) Hamburger Bun (15) Green Salad (05) Green Beans (05) Applesauce (15) Rice Pudding (35) Low Fat Milk (12)	22 Roast Pork (05) Potatoes & Gravy (15) Carrots (05) Bread or Roll (15) Banana (15) Low Fat Milk (12)
25 Western Chili (35) Mixed Vegetables (05) Corn Bread (15) Apple (15) Low Fat Milk (12)	26 Chicken Enchiladas (20) Spanish Rice (15) Refried Beans (15) Green Salad (15) Pears (15) Low Fat Milk (12)	27 <u>Breakfast</u> Eggs (06) Sausage Patty (10) Waffles & Syrup (20) Banana (15) Low Fat Milk (12)	28 Chicken Alfredo w/Noodles (10) Winter Blend Veg. (15) Roll (05) Peach Crisp (15) Low Fat Milk (35) Low Fat Milk (12)	29 Roast Beef (05) Potatoes & Gravy (15) Peas & Carrots (05) Bread or Roll (15) Orange (15) Low Fat Milk (12)