



Mizell Senior Center March 2018 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
 = High Sodium Day			1 Meatloaf Dinner Scalloped Potatoes Winter Blend Vegetables Wheat Roll Diced Peaches, Milk	2 Baked Cod Brown Rice Pilaf Carrots Wheat Roll Yogurt, Juice, & Milk
5 Chicken Tamale Pie Green Beans Churros Orange, Milk	6 Hamburger Lettuce & Tomato Tater Tots Coleslaw Apple, Milk	7 Chicken Parmesan Fettuccini Cauliflower Blend Wheat Roll Banana, Milk	8 Salisbury Steak Mashed Potatoes Gravy Mixed Vegetables Diced Peaches, Milk	9 Tuna Casserole with Noodles & Mixed Vegetables Wheat Roll Yogurt, Juice, & Milk
12 Beef Lasagna Italian Vegetables Wheat Roll Orange, Milk	13 BBQ Chicken Creamed Spinach Western Corn Wheat Roll Apple Sauce, Milk	14 Beef & Cheese Enchilada Tomato & Zucchini Aztec Rice Diced Peaches, Milk	15 Baked Ziti with Italian Sausage Broccoli Wheat Roll Banana, Milk	16 Herb Baked Cod Rice Pilaf Vegetable Blend Wheat Roll Yogurt, Juice, & Milk
19 Chili Colorado - Beef Carrots Rice Corn Bread Banana, Milk	20 Chicken Cacciatore Penne Pasta Lima Beans, Garlic Bread Apple Sauce, Milk	21 Sloppy Joe - Beef Coleslaw Wheat Bun Tater Tots Diced Peaches, Milk	22 Asian Chicken Stir fried Veggies Brown Rice Hawaiian Roll Orange, Milk	23 Beef Pot Roast w/Potatoes, Carrots, Celery & Onions Peas, Wheat Roll Yogurt, Juice, & Milk
26 Cheese Ravioli Marinara Sauce Broccoli Garlic Bread Orange, Milk	27 Oven Fried Chicken Mashed Potatoes Pan Gravy, Collard Greens Wheat Roll Banana, Milk	28 Salisbury Steak Boiled Potatoes Carrots Wheat Roll Peaches, Milk	29 Baked Ham with pineapple Scalloped Potato Vegetable Blend Wheat Roll Fruit Cocktail, Milk	30 Grilled Salmon Brown Rice Pilaf Broccoli Wheat Roll Yogurt, Juice, & Milk