



Mizell Senior Center March 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>▲ = High Sodium Day</p>				
				<p>1 ▲ Chicken Tamale Pie Green Beans Churros</p>
<p>4 Cheese Ravioli Marinara Sauce Broccoli Garlic Bread</p>	<p>5 ▲ Sloppy Joe Coleslaw Tater Tots</p>	<p>6 Tuna Salad Lettuce & Tomato Wheat Roll</p>	<p>7 Beef Stew Roasted Potatoes Zucchini Garden Salad</p>	<p>8 Chicken Parmesan Fettuccini Cauliflower Blend Wheat Roll</p>
<p>11 Beef Lasagna Italian Vegetables Garlic Bread</p>	<p>12 BBQ Chicken Creamed Spinach Western Corn Wheat Roll</p>	<p>13 ▲ Beef & Cheese Enchiladas Aztec Rice Tomato, Zucchini</p>	<p>14 Baked Ziti W/Italian Sausage Broccoli Wheat Roll</p>	<p>15 Roasted Chicken Garden Rice Peas Dinner Roll</p>
<p>18 ▲ BLT Salad Lettuce & Tomato Crackers</p>	<p>19 Chicken Cacciatore Penne Pasta Lima Beans, Garlic Bread</p>	<p>20 Hamburger Lettuce & Tomato Tater Tots Coleslaw</p>	<p>21 Asian Chicken Chow Mein Noodles Stir Fried Veggies Hawaiian Roll</p>	<p>22 Chili Colorado-Beef Rice Carrots Corn Bread</p>
<p>25 Chicken Salad Sandwich Lettuce & Tomato Pea Salad Potato Chips</p>	<p>26 Herb Baked Chicken Green Salad Wheat Roll</p>	<p>27 Salisbury Steak Boiled Potatoes Carrots Wheat Roll</p>	<p>28 ▲ Baked Ham W/Pineapple Brown Rice Pilaf Vegetable Blend Wheat Roll</p>	<p>29 Vegetable Lasagna Corn & Black Beans Wheat Roll</p>

