

Department of Senior Affairs – Nutrition/Transportation Division  
 Menu for the Week of: March 4th - 8th

*We reserve the right to alter the menu due to food availability and suitability for home delivery. Diabetic clients should not be given sugar and only given bread upon request.*

**Monday, March 4th**

Green chili chicken Posole	6 oz.
Black beans	4 oz
Calabacitas	4 oz.
sliced pears	4 oz.
1% milk	8 oz.

**Tuesday, March 5th**

Turkey with Gravy	4 oz.
Stuffing	4 oz.
Mixed Vegetables	4 oz.
Chocolate Chip Cookie	1 Each
1% milk	8 oz.

**Wednesday, March 6th**

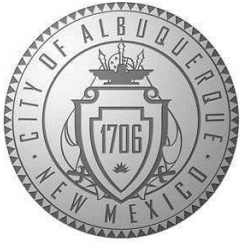
Red Chile Omelet	4 oz.
Diced Rosemary potatoes	4 oz.
Spinach with Onions	4oz.
Pineapple Chunks	4 oz.
1% milk	8 oz.

**Thursday, March 7th**

Pork chop with Sliced Apples	4 oz. 2 oz. apples
White Rice	4 oz.
Imperial Blend	4oz.
Orange	4 oz.
1% milk	8 oz.

**Friday, March 8th**

Breaded Cod with Tartar Sauce	4 oz. 1 p.c. of tartar sauce
Steak Fries with Ketchup P.C.	4 oz. 1 p.c. of ketchup
Coleslaw with Pineapple and Raisins	4oz.
Brownie	2x2
1% milk	8 oz.



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Menu for the Week of: March 11th - 15th

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**Monday, March 11th**

Beef Fajitas	4 oz.
Flour Tortilla	1 each
Spanish Rice	4 oz.
Pinto Beans	4oz.
Mixed Fruit	4 oz.
1% milk	8 oz.

**Tuesday, March 12th**

Chicken Alfredo with penne Pasta	3 oz. chicken and 3 oz pasta
Green Beans with mushroom	4 oz.
Garlic Bread Stick	4oz.
Vanilla Pudding	4 oz.
1% milk	8 oz.

**Wednesday, March 13th**

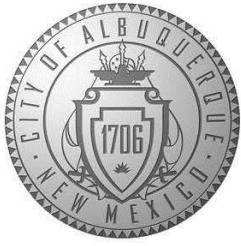
Baked Ham with Pineapple Glaze	3 oz.
Rice Pilaf	4 oz.
Baby Carrots	4oz.
Yogurt with Granola	4 oz.
1% milk	8 oz.

**Thursday, March 14th**

Chicken Fried Steak grilled onions	4 oz.
Roasted red Potatoes	4 oz.
Brussel Sprouts	4oz.
Sugar cookie	4 oz.
1% milk	8 oz.

**Friday, March 15th**

Baked Ziti with Mozzarella	4 oz.
Mixed Vegetable	4 oz.
Garlic Bread Stick	1 Each
Apple	1 apple
1% milk	8 oz.



Department of Senior Affairs – Nutrition/Transportation Division  
 Menu for the Week of: March 18th - 22nd

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**Monday, March 18th Happy St. Patrick's Day!**

Corned Beef	3 oz.
Cornbread	2x2 square
Red Potatoes	4oz.
Cabbage	4 oz.
Green Jello	4 oz.
1% milk	8 oz.

**Tuesday, March 19th**

Rotisserie Chicken	5 oz.
Dinner roll w/margarine	1 dinner roll
Butter baby carrots	4oz.
Mashed potato with gravy	4 oz.
Banana	1 banana
1% milk	8 oz.

**Wednesday, March 20th**

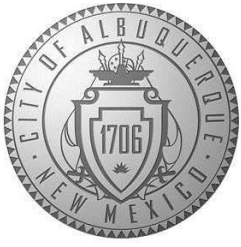
Red Chili Dog with Cheese and Onions	1 hot dog and bun
Tator tots	4 oz. ketchup p/c pkt
Corn with Red Peppers	4oz.
Mandarin Orange	4 oz.
1% milk	8 oz.

**Thursday, March 21st**

Green chili meatloaf with aus jus.	5 oz.
Brown Rice	4 oz.
Malibu blend	4oz.
Sliced Peaches	4 oz.
1% milk	8 oz.

**Friday, March 22nd**

Loaded Baked potato with Cheese, Broccoli and chives	1 potato with 1 oz. or portion sizes
Oriental Blend	4 oz.
Biscuit	1 biscuit and p.c. pack
Apple Crisp	4 oz.
1% milk	8 oz.



Department of Senior Affairs – Nutrition/Transportation Division  
Menu for the Week of: March 25th - 29th

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**Monday, March 25th**

BBQ Chicken Thigh	4 oz.
Baked Beans	4 oz.
Corn bread	2x2 square
Coleslaw with Pineapple and raisins	4 oz.
1% milk	8 oz.

**Tuesday, March 26th**

Swedish Meatballs with gravy	4 oz.
White rice	4 oz.
Green Bean with mushrooms	4oz.
Dinner roll w/margarine	1 dinner roll.
Apricots	4 oz.
1% milk	8 oz

**Wednesday, March 27th**

Turkey pot pie w/ Mixed Vegetables & Biscuit	4 oz.
Au gratin Potato	4 oz.
Imperial Blend	4oz.
Apple Sauce	4 oz.
1% milk	8 oz.

**Thursday, March 28th**

Red Beef Enchiladas	6 oz.
Black Beans	4 oz.
Corn with Red Peppers	4oz.
Tortilla Flour	1 tortilla
Sliced Peaches	4 oz.
1% milk	8 oz.

**Friday, March 29th**

Cajun Tilapia	4 oz.
Pasta with Garlic butter sauce	4 oz.
Italian vegetable blend	4oz.
Grapes	4 oz.
1% milk	8 oz.