

# Friendship Meals

## March 2020

Name: \_\_\_\_\_

Mon	Tue	Wed	Thu	Fri	Sat
Chicken Fried Steak Mashed Potatoes/Gravy Corn Fruit	Baked Ham with Pineapple Slice Candied Sweet Potatoes Green Beans	Chicken Tenders Mashed Potatoes Gravy Broccoli Pudding	Spaghetti with Meat Sauce Breadstick Peas Fruit	Potato Crusted Cod Filet Garlic Mashed Potatoes Green Beans Cookie	
Goulash Corn Garlic Bread Fruit	Chicken Fried Chicken on a bun with Cheddar Cheese & Bacon Scalloped Potatoes Peas Fruit	Tater Tot Casserole Broccoli Corn Muffin Fruit	Meatloaf Baked Potato Sour Cream Brussel Sprouts Pudding	Garlic Shrimp White Rice Sliced Carrots Bread Stick Grandma's Cookie	
Swedish Meatballs White Rice Lima Beans Orange Sherbet	Roasted Turkey Breast Mashed Potatoes/Gravy Corn Chocolate Pudding	Cheeses Stuffed Manicotti with Meat Sauce Winter Blend Veg. Bread Stick Oreo	Chicken, Rice and Broccoli Casserole Carrots Garlic Toast Pudding	Fried Fish Filet on Bun with Cheese Slice and Tarter Sauce Macaroni and Cheese Peas	
Chicken Spaghetti Winter Blend Vegetables Corn Muffin Fruit	Sloppy Joe on Bun Assorted Chips Broccoli Fruit	Truck Drivers Casserole Peas Orange Sherbet	Swiss Cheeseburger with grilled Onions on a Bun Seasoned Red Potatoes Baked Beans	Fried Shrimp Au Gratin Potatoes Green Beans Oreo Cookies	
BBQ Riblet on a Bun Scalloped Potatoes Peas and Carrots Grandma Cookies	Meatballs in Mushroom Gravy Buttered Egg Noodles Green Beans Fruit				

IF YOU DON'T WANT A MEAL PUT AN X OVER THAT DAY. IF YOU WANT MORE THEN 1 MEAL PUT THE AMOUNT OF MEALS BY THE MEAL YOU DO WANT.

Nutrition Meeting  
 March 10 @1:00pm

Menu is subject to change.

**An extra donation would be greatly appreciated for and extra food or meals taken.**

Meal costs are \$3.50 for 60 and over

A mandatory \$5.75 for anyone under 60

