

**Columbia Senior Diners**  
**MENU for the week of March 25<sup>th</sup>, 2019**

**Full Meals \$6**  
**Soup & Salad only \$4**  
**Lunch is served from**  
**11:30am - 12:30pm**  
**Monday – Friday**

**Monday**

**Grilled Steaks with Onion and Bell  
Peppers, and Rice Pilaf**

**Tuesday**

**Chicken Meat-Balls in Alfredo  
Sauce on Spaghetti**

**Wednesday**

**Baked Ham and Mashed Potatoes  
Brussels Sprouts**

**Thursday**

**Brat Sausage with  
Sauerkraut and Mixed Vegetables**

**Friday**

**Baked Lemon Chicken, Grits,  
And Kale Slaw**

**Astoria Senior Center**  
**1111 Exchange Street, Astoria, OR 97103**  
**503-325-9693**  
**All seniors and their guests are welcome**

