



March 2026 Seniors' CHOICE menu

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
turkey Ham & Beans - 9062 <i>(ch b) chicken stew ch7022</i> Mixed Vegetables (2 servings) Combread Fruit Cocktail Wheat Roll / Margarine Margarine Diet: same	Sloppy Joe - 9060 <i>(ch b) chicken bbq ch7002</i> Peas Chuckwagon Corn Bun Pears Diet: same 	Salisbury Steak w/ Mushroom Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Parslled Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same	Orange Chicken - 9105 <i>(ch b) baked fish ch7048</i> Brown Rice Green Beans Carrots Mandarin Oranges Wheat Bread / Margarine Diet: same	Fish Sticks w/ Tartar Sauce - 9028 <i>(ch b) macaroni & cheese ch7085</i> Peas Potato Wedges Peaches Wheat Bread (2 slices) Margarine Diet: same
Cinci-Style Chili - 9112 w/ Spaghetti <i>(ch b) roast beef w/gravy ch7025</i> Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same	Roast Turkey w/Gravy - 9005 <i>(ch b) country fried steak w/gravy ch7054</i> Mashed Potatoes Vegetable Medley Apricots Wheat Bread (2 slices) Margarine Diet: same	Hamburger - 9071 <i>(ch b) hot deli ham ch7005</i> w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same 	Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same	Cheese Lasagna - 9316 <i>(ch b) beef & noodles ch7052</i> Italian Vegetables Yellow Squash Apple Juice 100% 1 Wheat Bread / Margarine (ch a only) Diet: same
Beef Vegetable Stew - 9001 <i>(ch b) chicken stew ch7022</i> w/ Peas, Carrots, & Red Skin Potatoes Green Beans Spiced Pears w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same	Happy St. Patrick's Day! Corned Beef & Cabbage - 9096 <i>(ch b) roast pork loin w/ gravy ch7058</i> Colcannon* Carrots Baked Cinnamon Apples Rye Bread (2 slices) Margarine 	Baked Chicken w/ Gravy - 9075 <i>(ch b) roast turkey w/gravy ch7003</i> Herb Dressing Broccoli Cauliflower Fruit Cocktail Wheat Bread / Margarine Margarine Diet: same	BBQ Beef - 9051 <i>(ch b) grilled chicken breast ch7026</i> Peas & Onions Potato Wedges Bun Fruit Cocktail Diet: same	First Day of Spring Grilled Cheese Sandwich - 9132 <i>(ch b) fish sticks ch7087</i> Green Beans Stewed Tomatoes Wheat Bread/Margarine (2) (ch b only) Sponge Cake Fruit Punch 100% Diet: same  Happy March Birthday!
Meatloaf w/ Gravy - 9072 <i>(ch b) roast turkey w/ gravy ch7002</i> Mashed Potatoes Carrots Peaches Wheat Bread (2 slices) Margarine Diet: same	Roast Pork Loin w/ Gravy - 9115 <i>(ch b) chicken w/gravy ch7008</i> Brown Rice Vegetable Medley (2 servings) Pears Wheat Bread / Margarine Diet: same	Chicken Alfredo over Spaghetti - 9065 <i>(ch b) mediterranean glazed salmon ch7088</i> Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same	Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Peaches Wheat Bread / Margarine Margarine Diet: same
Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan <i>(ch b) chicken alfredo w/ broccoli ch7067</i> Italian Vegetables Spinach / Vinegar Orange Juice 100% Diet: same	Chicken Fajita Bowl - 9004 <i>(ch b) Taco Bowl ch7010</i> Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	 Remember to Move Your Clocks Forward Sunday, March 8th		*Colcannon is a traditional Irish dish of Mashed Potatoes mixed with greens 