


# ST. CHARLES AREA AGENCY ON AGING • MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken Cacciatore</b> Brussels Sprouts Glazed Carrots White Dinner Roll Margarine LD Fig Bar 2	<b>Hot Dog w/Chili</b> on a Bun Coleslaw Fiesta Potatoes Spiced Apple Slices 3	<b>Beef Taco Salad</b> over Corn Chips Shredded Cheddar Lettuce & Tomato Sour Cream/Taco Sauce Chuckwagon Corn Pineapple 4	<b>Chicken Divan Casserole</b> Southern Green Beans Stewed Tomatoes Whole Wheat Bread Margarine LD Ban-Mrshmlw Pie 5	<b>Shrimp Gumbo w/Rice</b> Okra & Tomatoes Potato Salad Saltine Crackers Fresh Banana 6
<b>Sliced Roasted Turkey w/Gravy</b> Mashed Potatoes Glazed Carrots Whole Wheat Bread Margarine Fresh Apple 9	<b>Hamburger/Amer Chs</b> on a Bun Lettuce/Tomato/Onion Baked Beans Ketchup/Mustard Peach Cobbler Chocolate Milk 10	<b>Ham &amp; Blackeyed Peas w/Rice</b> Coleslaw Steamed Spinach Cornbread Margarine Fresh Banana 11	<b>Smothered Chicken Breast</b> Candied Sweet Potatoes Green Peas w/Peppers Whole Wheat Bread Margarine Fruit & Grain Bar 12	<b>Tuna Salad Sandwich</b> on Whole Wheat Bread Potato Chowder Winter Blend Vegetables Pineapple 13
<b>Meatball Hoagie w/Creole Sauce</b> Lima Beans Capri Blend Vegetables Applesauce 16	<b>Red Beans &amp; Sausage w/Brown Rice</b> Garden Salad w/Dressing Seasoned Turnip Greens Cornbread / Margarine LD Choc Chip Crm Pie 17	<b>Chicken Fettuccine</b> Zucchini w/Red Peppers Glazed Carrots Whole Wheat Bread Margarine Fruit Punch 18	<u><b>BREAKFAST SPECIAL</b></u> <b>Breakfast Sausage or Sliced Ham</b> Grits/Escaloped Apples Strawberry Kiwi Juice Biscuit/Jelly/Margarine Fruit & Grain Bar 19	<b>Shrimp Etouffee w/Rice</b> Smothered Green Beans Paradise Punch Whole Wheat Bread Margarine Royal Brownie 20
<b>Chicken &amp; Sausage Jambalaya</b> Buttered Cabbage Carrots White Dinner Roll Margarine LD Oatmeal Cookie 23	<b>Country Vegetable Beef Stew</b> Brown Rice Chuckwagon Corn Whole Wheat Bread Margarine Fruit Punch 24	<u><b>BIRTHDAY SPECIAL</b></u> <b>Chicken &amp; Sausage Gumbo w/Rice</b> Okra & Tomatoes Potato Salad Whole Wheat Crackers Cake/Ice Cream Cup 25	<b>Hamburger</b> on a Bun Lettuce/Tomato/Pickle Mustard/Mayonnaise Baked Beans Fresh Fruit Chocolate Milk 26	<b>Seafood Salad</b> Vegetable Soup Broccoli Saltine Crackers Almond Cookie 27
<b>Chili w/Beans</b> Steamed Spinach Chuckwagon Corn Saltine Crackers Margarine Mixed Fruit 30	<b>Turkey &amp; Cheese Sandwich</b> on Whole Wheat Bread Lettuce & Tomato Mustard/Mayonnaise Four Bean Salad Grape Juice 31	All Meals are Served With 1/2 Pint of 2% Milk.		Your Contributions are Greatly Appreciated.  Please Help Your Council on Aging Help Others.