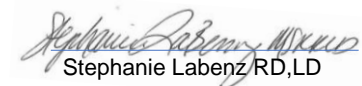


March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken and Cheese Burrito	Ham Balls	Biscuits & Gravy
		Lettuce Salad	Dilled Potatoes	Egg Casserole
		Calico Corn	Seasoned Squash	Mandarin Oranges
		Fruit Cocktail	Apple Crisp	Cinamon Roll
		Peanut Butter Cookie		
6	7	8	9	10
Swiss Steak	Minestrone Soup	Pulled Pork	Chicken A La King w/ Noodles	Baked Pollock
Baby Baker Potatoes	1/2 Ham Salad Sandwich	Potatoes w/gravy	French Green Beans	Scalloped Potatoes
Winter Blend Vegetables	Fruit Cocktail	Coleslaw	Grapes	Cauliflower
Cinnamon Apples	Yogurt	Strawberries	Brownie w/butterscotch chips	Banana
	Crackers	Wheat Bread/Roll		Blueberry Muffin
13	14	15	16	17
Pork Chop w/gravy	Cheese Ravioli	Meatloaf	Potato Soup	Hamburger and Cabbage
Duchess Potatoes	Vegetable Medley	Mashed potatoes w/gravy	1/2 Egg Salad Sandwich	Mashed Potatoes
Garden Mix Vegetables	Orange & Banana Cup	Brussel sprouts	Crackers	Emerald Pears
Peaches	Chocolate Pudding	Tropical Fruit	Carrot Sticks	Green Poke Cake
			Fruit Cocktail	
				Happy St. Patrick's Day!
20	21	22	23	24
Meatball Sandwich	Beef Pepper Steak	Ham & Bean Soup	Oven Fried Chicken	Baked Fish
Tater Tots	over Rice	Broccoli Salad	Mashed Potatoes w/ Gravy	Parslied Potatoes
Buttered Corn	Spinach Salad	CranPineapple Salad	Green Beans	Creamed Asparagus
Pears	Candied Beets	Cornbread	Apple	Peaches
Butterscotch Bar	Chocolate Chip Cookie		Snickerdoodle	Raisins
27	28	29	30	31
Lemon Honey Chicken	Chili	Chicken Pot Pie	Taco Casserole	Hamburger on a Bun
Roasted Baby Potatoes	Carrots w/Ranch	Seasoned Butter Beans	Chips and Salsa	Tomato/Lettuce/Onion
Asparagus	Peaches	Banana	Mexican Cornbread	Potato Salad
Diced Potatoes	Cookie	Vanilla Cream Pudding	Pineapple	Baked Beans
Cherry Crisp				Brownie

AdultLife Community Center for Adults 60+ (515) 462-1334

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. Menus may change without notice due to supply availability from our food vendors.


Stephanie Labenz RD,LD