





Frederick County Senior Center Menu March 2020

MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheesy chicken casserole, butter beans, fruit cocktail, whole grain bread (no milk)	3 Center Field Trip	4 Baked ranch chicken, macaroni & cheese, broccoli, pineapple, whole grain bread, milk	5 Baked fish, buttered rice, spinach, zucchini, strawberry gelatin salad, whole grain bread, milk	6 Center Closed
9 Chicken parmesan, pasta with marinara, buttered kale, squash, chocolate pudding, fruit salad, whole grain bread (no milk)	10 BBQ chicken, baked beans, carrots, bread pudding, applesauce, whole grain bread, milk	11 Beef or Turkey burger, roasted red potatoes, garden salad, baked apples, milk	12 Pork chop with mushroom gravy, bread dressing, sweet potatoes, pea salad, mandarin oranges, whole grain bread, milk	13 
16 Baked ham, rice pilaf, roasted yams, peas, fruit of choice, whole grain bread, milk	17 Special Meal	18 Egg salad sandwich, vegetable soup, beets, string cheese, chocolate pudding, pineapple (no milk)	19 Hearty chili, spinach salad, oatmeal raisin cookie, peaches, corn bread, milk	20 Center Closed
23 Herbed chicken breast, bread dressing, carrots & peas, mixed salad, pears, whole grain bread, milk	24 Sweet & Sour chicken over rice, green beans, peach crisp, milk (no bread)	25 Pork chop, rice pilaf, baked beans, broccoli, strawberry gelatin salad, whole grain bread, milk	26 Italian casserole, roasted zucchini, fruit salad, whole grain bread (no milk)	27 Center Closed
30 Breaded fish filet sandwich, baked beans, collard greens, pineapple, milk	31 Salisbury steak with gravy, buttered rice, roasted cabbage, pinto beans, peaches, whole grain bread, milk			

If you will not be home to receive your meal please call 540-869-2444 the day before delivery.