

Shenandoah County Senior Center

March 2020 Menu



MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Center Closed	3 GRILLED TURKEY CUTLET W/ BROWN RICE GREEN BEANS APPLESAUCE FRESH FRUIT SALAD MILK, 2%, 8 OZ WHEAT ROLL	4 CHICKEN BBQ ON WW BUN BRAISED CABBAGE GLAZED CARROTS PEARS MILK, 2%, 8 OZ	5 GRILLED HONEY BBQ PORK LOIN, CHARRO PINTO BEANS STEAMED SPINACH PEACHES MILK, 2%, 8 OZ WHEAT ROLL	6 PRETZEL CRUSTED COD AU GRATIN POTATOES GREEN PEAS FRESH ORANGE MILK, 2%, 8 OZ WHEAT ROLL
Center Closed	10 PENNE W/ MEAT SAUCE SUGAR SNAP PEAS COOKED CARROTS FRESH FRUIT SALAD MILK, 2%, 8 OZ WHEAT ROLL	11 HAM & CHEESE SANDWICH ON WHEAT BREAD TOMATO SOUP BANANA OATMEAL RAISIN COOKIE MILK, 2%, 8 OZ	12 MEATLOAF W/ KETCHUP MACARONI & CHEESE GREEN PEAS FRESH ORANGE WHEAT ROLL MILK, 2%, 8 OZ	13 CRISPY CHICKEN TENDERS KIDNEY BEANS SEASONED KALE GREENS PINEAPPLE MILK, 2%, 8 OZ WHEAT ROLL
Center Closed	17 BREADED SQUARE COD SCALLOPED POTATOES ROASTED BUTTERNUT SQUASH APRICOTS MILK, 2%, 8 OZ WHEAT ROLL	18 MEAT LASAGNA STEAMED SPINACH GREEN BEANS APPLE BETTY MILK, 2%, 8 OZ WHEAT ROLL	19 ROASTED TURKEY BREAST W/GRAVY HOMESTYLE BREAD/SAGE DRESSING STEAMED BROCCOLI FRESH BANANA TAPIOCA PUDDING MILK, 2%, 8 OZ WHEAT ROLL	20 MESQUITE BBQ CHICKEN GREAT NORTHERN BEANS SUGAR SNAP PEAS MANDARIN ORANGES MILK, 2%, 8 OZ WHEAT ROLL
Center Closed	24 CHEESEBURGER ON WW BUN BAKED BEANS GREEN BEANS POUND CAKE SLICED PEACHES MILK, 2%, 8 OZ WHEAT ROLL	25 EGG SALAD SANDWICH ON WW VEGETABLE SOUP 3-BEAN SALAD SLICED APPLES MILK, 2%, 8 OZ	26 BEEF STEW HARVARD BEETS SEASONED CARROTS FRESH ORANGE MILK, 2%, 8 OZ CORNBREAD	27 HERB ROASTED PORK W/BROWN GRAVY MAPLE MASHED YAMS GREEN PEAS BANANA MILK, 2%, 8 OZ WHEAT ROLL
Center Closed	31 CHICKEN FILET ON WHEAT BUN W/MAYONNAISE OVEN ROASTED POTATOES PEAS,W/MUSHROOMs CANNED APRICOTS MILK, 2%, 8 OZ			