

MAR- 2019

Winchester Senior Center Menu Calendar

Meals are Subject to Change Without Notice

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|--|---|
| 2. Center Closed | 3. Center Closed Virginia Primary Voting | 4. Chicken Nuggets Macaroni & Cheese Green Beans Applesauce Jell-O W/ Fruit | 5. Beef or Turkey Burger Roasted Red Potatoes Garden Salad Baked Apples |
| 9. Baked Ham Rice Pilaf Roasted Yams Sautéed Peas Fruit | 10. Egg Salad Sandwich Vegetable Soup Beets String Cheese Chocolate Pudding Pineapple (NO MILK) | 11. Chili Spinach Salad Peaches Corn Bread Oatmeal Raisin Cookie | 12 Center Closed Senior Outing |
| 16. Sweet & Sour Chicken Over Rice Green Beans Peach Crisp | 17. Herbed Chicken Breast Bread Dressing Carrots & Peas Mixed Salad Pears | 18. Center Closed Senior Fieldtrip | 19. Baked Pork Chops Baked Beans Broccoli Pudding Pineapple |
| 23. Salisbury Steak W/Beef Gravy Buttered Rice Cabbage Pinto Beans Peaches | 24. Breaded Fish Filet Sandwich Baked Beans Collard Greens Pineapple | 25. Spaghetti W/Meat Sauce Green Beans Squash Applesauce | 26. Cheesy Macaroni & Ham Casserole Mashed Sweet Potatoes Butter Beans Mandarin Oranges Corn Bread (No Milk) |
| 30. Baked Ranch Chicken Rice Pilaf Roasted Potatoes Kale Fruit | 31. Meatloaf Mashed Potatoes Carrots Apple Crisp | | When you need to cancel a meal call 540-662-5433 All Meals are Served with whole grain Bread and 2% Milk |