

Centre Region Active Adult Center Menu – March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Cheese Ravioli in Marinara Sauce Bean Blend Tossed Salad Raspberry Sherbet Garlic Breadstick	All Beef Hot Dog Mashed Potatoes Sauerkraut Brownie Hot Dog Roll	Crabby Patty Mixed Greens Salad Vinaigrette Dressing Cole Slaw Pina Colada Cake Breadstick
6	7	8	9	10
Salisbury Steak w/Gravy Buttered Noodles Baby Carrots Fresh Apple Whole Wheat Bread	Cheese Steak Sandwich Peppers & Onions Peas & Carrots Pineapple Peanut Butter Cookies Hoagie Roll	Chicken Ala King Blended Rice Mixed Vegetable Medley Fresh Seasonal Fruit Biscuit	Roast Turkey & Gravy Homemade Stuffing French Style Green Beans Hot Applesauce Vanilla Ice Cream	Tater Fish Creamy Potato Soup w/crackers Sliced Peaches Corn Bread Tartar Sauce
13	14	15	16	17
Egg Omelet w/American Cheese Baked Sausage Breakfast Style Potatoes Fresh Seasonal Fruit Blueberry Muffin	Meatball Hoagie w/sauce Cole Slaw Mixed Bean Medley Fresh Pear Hoagie Roll	Grilled BBQ Chicken Salad w/Cheddar Cheese Mixed Greens w/Tomato, Cucumbers, Onions Jello with Fruit Garlic Bread Stick	Corn Beef, Cabbage, Potatoes & Beans Tossed Salad with Tomato and Carrots Leprechaun Dessert Dinner Roll	Tea and Sandwiches Activity No regular meal
20	21	22	23	24
Open-Faced Hot Meatloaf Sandwich Mashed Potatoes Seasoned Broccoli Fresh Seasonal Fruit White Bread	Chicken Patty Parmesan Penne with Marinara Sauce Tossed Salad Fresh Orange Garlic Breadstick	Stuffed Pepper Cup w/Tomato Sauce Mashed Potatoes Sweet Corn Sugar Cookies Whole Wheat Bread	Sweet & Sour Pork White Rice Winter Blend Vegetables Sliced Pears Fortune Cookie Multi Grain Bread	Baked Vegetable Lasagna w/Parmesan Cheese Sauce Mixed Green Salad w/tomato/carrots/cabbage Apple Garlic Bread Stick
27	28	29	30	31
Swedish Meatballs Bow Tie Pasta Brussels Sprouts Apricots White Bread	BBQ Rib Sandwich Scalloped Potatoes California Blend Vegetables Fresh Seasonal Fruit Whole Wheat Sandwich Roll	Sweet Sausage Sandwich W/Peppers & Onions Parmesan Potatoes Brussels Sprouts Chocolate Ice Cream Sausage Roll	Ham & Scalloped Potato Casserole Braised Cabbage Green Beans Peaches Dinner Roll	Cheese Tortellini with Alfredo Sauce Tossed Salad Peas & Carrots Fresh Orange Italian Bread

All meals served with 8 oz. of 2% milk

To reserve your meal, call 231-3076 by 10am the day before you plan to visit

***Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance)**

***Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.**