

Council on Aging March 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Call the day before to order Senior Meal of the Day Guest \$5.50 Eat InTake Out 919-542-4512 Alan 919-742-3975 Teresa or Fred			1 Spaghetti Green Beans Roll 1/2 banana Juice 2%Milk	2 Broccoli Cheese Soup Chicken Caesar Salad w/ tom Crackers Angel food Cake w/fruit Salad dressing Juice 2%Milk
BBQ Sandwich Coleslaw Parsley Potatoes Cinnamon Applesauce Vanilla wafers 2%Milk	Hamburger on Bun Chili/ Lettuce/ Tom/ Onion Banana Cream Corn 2% Milk	Potato Soup Cheese Sandwich Cucumber salad Fruit salad Juice 2% Milk	Beef Mac & Cheese Lima Beans Toss Salad w/Tom/ dressing Roll/jelly Orange 2% Milk	Chicken & Dumplings Green Beans Sweet Potatoes Roll/ marg/jelly Yogurt 2% Milk
12	13	14	15	16
BBQ Chicken Squash Casserole Carrots Roll Graham crackers Jello 2% Milk	Lasagna with meat Mix Vegetables Toss salad w/Tomato Garlic Bread Stick Oatmeal Cookie Salad Dressing Juice 2% Milk	Stir fry w/ Chicken &Cabbage Rice Fruit Yogurt Vanilla wafers Egg Roll Juice 2% milk	Sloppy Joe on Bun Baby Bakers Potatoes Slaw Peaches 2%Milk	Oven fried Chicken Cauliflower &peas Dirty rice Fruit Cobbler Roll Juice 2% Milk
19	20	21	22	23
BBQ Pork Chop Sweet Potatoes & Apples Green Beans Roll Rice Krispy Treat Fruit 2% Milk	Meatball Sub Vegetable Soup Orange Yogurt Fig bar 2% Milk	Krab Cake Coleslaw Baby Baker Potatoes Hushpuppies Jello Juice 2% Milk	Salisbury Steak with gravy Carrots Mac &Cheese Vanilla Wafers Juice Yogurt 2%Milk	BBQ Sandwich Spiced Apples Roasted Corn Coleslaw 2%Milk
26	27	28	29	30
BBQ Pork Ribs Scalloped Apples Sweet Potatoes Roll Angel food Cake w/fruit 2%Milk	Turkey with gravy Peas &Carrots Stuffing Cranberry Sauce Roll Fruit 2%Milk	Turkey Hotdog w chili Coleslaw Corn Chowder Brownie 2%Milk	Hamburger Steak w gravy Noodles Broccoli Roll/jelly Fruit Crisp 2%Milk	Chatham Council on Aging Closed for Easter