

Council on Aging March 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Call the day before to order
 Senior Meal of the Day
 Guest \$5.50 Eat In Take Out
 919-542-4512 Alan
 919-742-3975 Teresa or Fred

1
 Broccoli Cheese Soup
 Chicken Caesar Salad w/ tom
 Crackers
 Angel food Cake w/fruit
 Salad dressing
 Juice
 2%Milk

Potato Soup
 Peanut butter Sandwich
 Fruit salad
 Crackers
 2% Milk

Hamburger on Bun
 Lettuce/ Tom/ Onion
 Tater Tot Casserole
 Yogurt
 Fig Bar
 Juice
 2% Milk

BBQ Sandwich
 Parsley Potatoes
 Cinnamon Applesauce
 Vanilla wafers
 2%Milk

Beef Mac & Cheese
 Lima Beans
 Roll
 Orange
 2% Milk

Chicken & Dumplings
 Green Beans
 Sweet Potatoes
 Biscuit
 Brownie
 2% Milk

BBQ Chicken
 Squash
 Carrots
 Roll/jelly
 Graham Crackers
 yogurt
 2%Milk

Lasagna
 Mix Vegetables
 Garlic Bread Stick
 Jello
 Oatmeal Cookie
 Juice
 2% Milk

Stir Fry w/ cabbage chicken
 Rice
 Fruit
 Cookie
 Egg roll
 2%Milk

Sloppy Joe Sandwich
 Baby Bakers Potatoes
 Coleslaw
 Peaches
 2%Milk

Oven fried chicken
 Peas
 Dirty rice
 Roll
 Orange
 2%Milk

1/2 Pimento Cheese Sandwich
 Beef Vegetable Soup
 Fruit
 Crackers
 Rice Krispy Treat
 2% Milk

Meatball Sub
 Potato Soup
 Orange
 Juice
 2% Milk

Krab Cake
 Coleslaw
 Baby baker potatoes
 Hushpuppies
 Jello
 Graham crackers
 2% Milk

Salisbury Steak with gravy
 Carrots
 Mac & Cheese
 Vanilla Wafers
 Juice
 Yogurt
 2%Milk

BBQ Sandwich
 Coleslaw
 Pimento corn
 Cupcake
 2%Milk

BBQ Pork Ribs
 Peas and carrots
 Sweet Potatoes
 Roll
 Brownie
 2%Milk

Turkey with gravy
 Greenbean casserole
 Stuffing
 Cranberry Sauce
 Roll
 Fruit
 2%Milk

Turkey Hotdog w chili
 Coleslaw
 Corn chowder
 Angel food cakew/fruit
 2%Milk

Baked Hamburger Steakw/Gravy
 Noodles
 Vegetables
 Chocalate Chip Cookie
 Juice
 2%Milk

Tuna Sandwich Lettuce/ Tom
 Vegetable Beef Soup
 Orange
 Crackers
 Juice
 2%Milk