



Senior Services of Snohomish County Congregate Nutrition Program Menu



Monday	Tuesday	Wednesday	Thursday	Friday
03-01 Country fried steak Mashed potatoes Broccoli Brownie	03-02 Pickled beet salad Open face seafood sandwich Chips Tropical fruit	03-03 Tossed salad Shepherd's pie Spinach Pudding	03-04 Chef's Choice 	03-05 Carrot raisin salad Pork riblet on hoagie bun Potato wedges Fresh fruit
03-08 3-bean salad Turkey tetrazzini Peas and carrots Peaches	03-09 Hamburger gravy on mashed potatoes Winter vegetables Fruited red gelatin salad	03-10 Seven bean soup/ crackers Turkey cranberry wrap Fresh fruit Ice cream	03-11 Coleslaw Tuna noodle casserole Peas Cookie	03-12 Baked chicken Mashed potatoes and gravy Vegetable blend Fresh fruit
03-15 Stuffed pepper Barley rice Carrots Fruit cocktail	03-16 Chicken chili with green onion and shredded cheese Tortilla chips Pineapple tidbits	03-17 Happy St. Patrick's Corned beef and cabbage Red potatoes Carrots, Rye bread Apple Duff	03-18 Clam chowder Chicken Caesar salad Bread stick Tropical fruit	03-19 <i>Spring</i> Tossed salad Salisbury steak Mashed potatoes Scandinavian vegetables Fig bar
03-22 Lemon pepper Pollock Roasted potatoes Capri vegetables Mandarin oranges	03-23 Marinated vegetable salad French dip with au jus Potato salad Fresh fruit	03-24 Tossed salad Hearty lentil soup with sausage served with rustic bread Fruit crisp	03-25 Chicken fajita with peppers, onion, tortilla, salsa and sour cream Rancho beans Fresh fruit	03-26 Tossed salad / dressing Spaghetti and meatballs Garlic bread Sherbet
03-29 Pea and cheese salad Chicken divan Barley rice Apricots	03-30 Split pea soup / crackers Tuna sandwich on wheat with lettuce Chips Tropical fruit	03-31 Taco salad with beef, cheese, and refried beans on chips with salsa and sour cream Pineapple tidbits Ice cream	Dinner roll or bread, 1% low-fat milk or buttermilk and fortified margarine are available with all meals. All fresh produce on the menu is subject to availability. Substitutions can be made without notice. Suggested meal donation for >60 persons is \$2.50. For <60 persons, cost is \$5.75 per meal. Lunch is served from noon to 12:30pm.	