



**SENIOR
MARCH
2020**



SERVING SENIORS BOONE LEE OGLE WINNEBAGO COUNTIES MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
	COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES	CHICKEN PATTY WHEAT BUN GREEN BEANS FARMER POTATOES DICED PEARS	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	TUNA NOODLE CASSEROLE BROCCOLI \ CARROTS PINEAPPLE TIDBITS DINNER ROLL
	9 CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	10 SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE 2 SAUSAGE PATTIES BAKED PEACHES	11 POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	12 CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	13 A.) LEMON TILAPIA WILD RICE PEAS & CARROTS PEACHES DINNER ROLL B.) TURKEY/VEGETABLE
To make a reservation in Rockford 815-963-1609 or 1-800-779-1189	16 HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	17 BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	18 BAKED PORK CHOP MASHED POT/GRAVY MIXED VEGGIES DINNER ROLL APPLE CRISP	19 SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WHEAT BREAD-1 APRICOTS	20 A) TUNA NOODLE CASSEROLE BROCCOLI \ CARROTS PINEAPPLE TIDBITS DINNER ROLL B.) CHIX SAL./TOMATO
RESERVATIONS & CANCELLATIONS CALL BY 10:00 AM THE DAY BEFORE 	23 BAKED CHIX BREAST MASHED POT \ GRAVY BROCCOLI DINNER ROLL PINEAPPLE TIDBITS	24 MEATLOAF AUGRATIN POTATOES STEWED TOM\ZUCCHINI DINNER ROLL \ BUTTER APRICOTS	25 CITRUS BAKED HAM SWEET POTATOES GREEN BEANS WHEAT BREAD-1 FRUIT COCKTAIL	26 ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	27 A.) CRISPY FISH SAND. WHEAT BUN MAC & CHEESE PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
*CHOICE A only sent to MEALS ON WHEELS CLIENTS	30 MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	31 SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS			8 oz. Low Fat Milk served with all lunches. 
THERE ARE NO SUBSTITUTIONS					