

JACKSON COUNTY
SENIOR NUTRITION PROGRAM

The
Gathering
Place



Jackson County Department On Aging

CONGREGATE
March 2018

Reservations needed one day in advance: **CALL 768-8684**
LUNCH SERVED AT NOON

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MARCH DINNER DANCE 3/08/17									
10	Corned Beef and Cabbage					19	Breaded Chicken Tenders (2)	1	
10	Baby Carrots					23	Veggie Pasta Blend	19	Fish Melt on Wheat Bun
15	Red Skin Potatoes					5	Brussels Sprouts	23	Red Potatoes
15	Fresh Fruit					15	Fresh Fruit	5	Capri Veg Blend
11	Dinner Roll					15	Dinner Roll	15	Fresh Fruit
35	Milk					15	Milk	15	Milk
						11	Milk	11	Cookie
						88	Total Carbohydrates	88	Total Carbohydrates
									101
5		6		7		8		9	
18	Chicken Noodle Soup w/Crackers	30	Goulash	20	Pork Roast with Gravy	21	Beef Hot Dog on Bun	13	Pollock Fillet
25	Baked Potato w/Sour Cream	5	Zucchini	5	Mashed Potatoes	23	Baked Beans	20	Scalloped Potatoes
5	Mixed Veggies	10	Garden Salad	15	Green Beans	6	Cauliflower & Peas	5	Broccoli
15	Fresh Fruit	15	Pineapple Tidbits	15	Fruit Cocktail	15	Fresh Fruit	15	Fresh Fruit
30	Corn Bread	15	Dinner Roll	15	Dinner Roll	15	Milk	11	Dinner Roll
11	Milk	11	Milk	11	Milk	11	Milk	11	Milk
			Cookie						Sherbert Cup
			15						30
			104						109
12		13		14		15		16	
30	Meat Lasagna	5	BBQ Chicken Drumstick (1)	5	Chicken ala King	30	Pulled BBQ Chicken on Kaiser Bun	30	Macaroni & Cheese
5	California Blend Veggies	30	Sweet Potatoes	30	Over Biscuit	5	Stir Fry Veg Blend	5	Brussels Sprouts
10	Sweet Corn	8	Garden Salad	5	European Veg Blend	5	Wax Beans	15	Crinkle Carrots w/Dill
15	Fresh Fruit	15	Fresh Fruit	20	Hot Spiced Peaches	20	Chunky Applesauce	15	Mandarin & Pineapple Mix
12	Dinner Roll	15	Dinner Roll	11	Milk	11	Milk	11	Milk
11	Milk	11	Milk	20	Cookie			25	Mint Chocolate Brownie
			83						96
19		20		21		22		23	
9	Beef Pepper Patty w/Gravy	15	Chicken Breast Fillet	25	Pork Chop Suey on Brown Rice	40	Beef Ravioli w/Marinara Sauce	20	Fish Shapes
15	Mashed Potatoes	15	Creamed Peas and Potatoes	5	Asian Veg Blend	5	Diced Carrots	25	Mashed Sweet Potatoes
5	Mixed Veggies	5	Winter Squash	15	Succotash	15	Winter Veggie Blend	5	Broccoli
15	Fresh Fruit	15	Fresh Fruit	15	Plums	15	Fresh Fruit	15	Tropical Fruit Salad
15	Dinner Roll	15	Dinner Roll	15	Dinner Roll	15	Dinner Roll	15	Chocolate Chip Muffin
11	Milk	11	Milk	11	Milk	11	Milk	11	Milk
			70						96
26		27		28		29		30	
9	Pulled Turkey and Gravy	35	Chili w/Oyster Crackers	25	Teriyaki Chicken Breast on Bun	5	Salisbury Steak w/Mushroom Gravy	25	Veggie Lasagna
20	Mashed Potatoes	25	Baked Potato	0	w/lettuce & tomato	20	Mashed Potatoes	5	Green Beans
5	Italian Green Beans	5	Diced Carrots	20	Garden Vegetable Pasta Blend	20	Scandinavian Veggie Blend	10	Garden Salad
15	Grape Juice	15	Peaches & Pears	20	Fresh Fruit	15	Fresh Fruit	15	Strawberries & Pears
15	Dinner Roll	15	Milk	15	Dinner Roll	15	Dinner Roll	15	Dinner Roll
11	Milk	11	Birthday Cake	11	Milk	11	Milk	11	Milk
			75						20
									101

Wear Green!
Dinner 5-5:30
Band 6-9
Reservations:
788-4864

Menus approved by:

* Substitutions by kitchen staff may be made if needed