



MARCH | 2018

Hale/ Sand Lake Senior Centers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Hot Dog W/Coney Sauce Spudster Potatoes Coleslaw Cantaloupe	2 Meatloaf Mashed Potatoes Copper Penny Salad Cherry Crisp
5 Grilled Chicken Sandwich Homemade Fries Broccoli Mixed Fruit	6 Baked Spaghetti Italian Green Beans Garlic Toast Orange	7 Beef Chop Suey Rice Midori Blend Tropical Fruit Salad	8 Pork Chop Sweet Potatoes Beets Jello/Fruit	9 Baked Fish Mac & Cheese Mixed Vegetables Fruit Parfait
12 Taco Salad Salsa Corn & Black Beans Pineapple	13 Chicken Noodle Casserole Winter Blend Honeydew/Cantaloupe	14 Liver & Onions Mashed Potatoes Normandy Blend Banana Pudding Cup	15 Baked Chicken Stuffing Green Beans Orange	16 Rubeen on Rye Potato Wedges Tossed Salad Jello/Fruit
19 Pizza Tossed Salad Prince Charles Blend Cottage Cheese/Pineapple	20 Chili Sweet Corn Bake Tossed Salad Diced Pears	21 Hot Roast Beef Sandwich Mashed Potatoes Winter Blend Pistachio Mallow Salad	22 Baked Ziti Capri Blend Green Beans Peach Fluff	23 Potato Crusted Pollack Pea & Cheese Salad Carrots Spiced Pears
26 Shephard's Pie Corn Beets Mixed Fruit	27 Roasted Turkey Stuffing Italian Pasta Blend Ambrosia Salad	28 Split Pea Soup Tossed Salad ½ Turkey Sandwich Peaches	29 Hamburgers Homemade Fries Coleslaw Tropical Fruit Salad	30 Baked Ham Cheesy Potatoes Normandy Blend Strawberries

News

**This meal program
Is offered by the
ICCOA**

**Suggested
Donation 60+
\$3.00
Under 60 must
Pay the Center
Host \$5.00**

**Please call the
Center one day
In advance to
Make your reservation**

**Hale- 728-4251
Sand Lake 469-9361
Jeneane 728-2206**