MARCH Senior Nutrition Client Menu

1 U	southe	ast Ohio	
	Regional A Program of Hocking Athe	Kitchen 2	2022

Monday 7	Tuesday	Wednesday	Thursday	Friday
All Meals Served with 1	01	02	03	04
cup of 1% White Milk This institution is an equal opportunity provider	Pepper Steak Over Rice, Pineapple, LS V8 Juice, Fortune Cookie	Mushroom & Swiss Patty, Mashed Potatoes, Corn, Fresh Apple, Roll, Margarine	BBQ Chicken Patty On Bun, Cauliflower, Roasted Potatoes, Peaches, Ketchup	Tomato Soup, Pimento Cheese Spread On Bun, Coleslaw, Fresh Apple, Crackers
07	08	09	10	11
Country Fried Beef Patty, Baked Potato, Green Beans, Mixed Fruit, Bread, Margarine, Animal Crackers	Lemon Pepper Chicken Over Seasoned Rice, Brussel Sprouts, Sweet Potato Cubes, Mandarin Oranges, Graham Crackers	Roast Pork & Gravy, Mashed Potatoes, Mixed Vegetables, Pears, Roll, Margarine	Hot Dog on Bun, Potato Wedges, Baked Beans, Apricots, Cookie, Ketchup & Mustard	Three Cheese Pasta, Italian Blend, Cinnamon Applesauce, Grape Juice, Garlic Toast
14	15	16	17	18
Monterey Chicken With Bacon & Cheese On Bun, Corn, Peaches, V8 Juice	Sloppy Joe On Bun, Tater Tots, Lima Beans, Tropical Fruit, Ketchup	Chicken Alfredo, Broccoli, Fresh Banana, Garden Salad, Garlic Toast, Salad Dressing	Beef Stew, Warm Apple Crisp, Fruit Punch, Biscuit, Margarine, Crackers	Egg Salad On Bun, Vegetable Soup, Cucumber Onion Salad, Fresh Orange, Crackers
21	22	23	24	25
Baked Steak With Gravy, Rosemary Potatoes, California Blend, Pineapple, Cookie, Bread, Margarine	Smoked Sausage On Bun, Sauerkraut, Mashed Potatoes, Peaches, Ketchup, Mustard	Breaded Chicken Patty On Bun, Scalloped Potatoes, Carrots, Mixed Fruit	Sausage, Egg, Hashbrown Patty, Pancakes, Applesauce, Orange Juice, Margarine & Syrup	Macaroni & Cheese, Peas & Carrpts, Warm Cherry Crisp, Pears, Roll, Margarine
28	29	30	31	Questions About Meals?
Smothered Pork With Mushrooms & Onions, Mashed Potatoes, Apricots, Apple Juice, Roll, Margarine	Chicken Tenders, Potato Wedges, Corn, Mandarin Oranges, Bread, Margarine, Ranch Dip	Spaghetti & Meatballs, Capri Blend, Fresh Apple, Garden Salad, Salad Crackers, Salad Dressing	Chicken Fajita, Peppers & Onions, Seasoned Black Beans & Corn, Pineapple, Rice, Flour Tortilla, Sour Cream, Taco Sauce	Call To Reserve Or Cancel Your Meal By 8 A.M. The Day Of The Meal At 1-800- 385-6813 Ext. 2217

Sauce