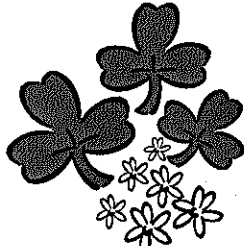


JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCALLOPED TURKEY Country Trio Vegetables Marin Spg Garden Salad Whole Wheat Roll Chocolate/Vanilla Swirl Pudding 1	BAKED CHICKEN SUPREME Roasted Red Potatoes Capri Blend Vegetables Cracked Wheat Bread Peanut Butter Cookie 2	BAKED BEEF RIGATONI Winter Mix Vegetables Sunshine Salad Mold Garlic French Bread Apple Streusel Cake 3	BEEF LIVER & ONIONS Whip Potatoes w/Gravy Green Peas Rye Bread Chocolate Oatmeal Bar 4	MEATLOAF W/GRAVY Scalloped Potatoes Scandinavian Blend Vegt Multigrain Bread Gelatin Jewels w/Whipped Topping 5
BEEF HAMBURGER PATTY on a Bun O'Brien Potatoes Capri Blend Vegetables Ambrosia Mold 8	MACARONI & CHEESE Escalloped Tomatoes Cut Green Beans Cornmeal Bread Zucchini Brownie 9	PORCUPINE MEATBALLS Parslied Potatoes Country Trio Vegetables Onion Bread Bread Pudding 10	THREE CHEESE LASAGNA Steamed Spinach Italian Blend Vegetables French Roll Almond Cookie 11	ROAST PORK W/GRAVY Roasted Red Potatoes Brussels Sprouts Sunflower Seed Bread Orange Poke'n Pour Cake 12
CREAM CHICKEN & VEGETABLES W/RICE Oregon Bean Medley Country Coleslaw Seven Grain Roll Lemon Pudding 15	CHILI W/BEEF & BEANS Mixed Vegetables Pineapple & Mandarin Orange Salad Cornbread Oatmeal Raisin Cookie 16	BAKED HAM Colcannon Potatoes Pot o'Gold Potatoes Irish Soda Bread Shamrock Cake 17	CHICKEN POMODORO Broccoli Cuts Carrot Raisin Salad Rye Roll Apple Crunch Bar 18	SHAKE & BAKE CHICKEN Sr Cream/Chive Potatoes Green Peas Cracked Wheat Bread Chocolate Chip Bar 19
MEATLOAF W/CREOLE SAUCE Parslied Potatoes Country Trio Vegetables Herb Bread Ginger Cookie 22	SWEET & SOUR CHICKEN W/RICE Oriental Blend Vegetables Marin Spg Garden Salad Dill Roll Coconut Pudding 23	ROAST TURKEY W/GRAVY Whip Potatoes w/Gravy Mixed Vegetables Bran Wheat Bread Birthday Cake 24	SCALL POTATOES & HAM Green Peas & Mushrooms Tossed Salad Sunflower Seed Roll Birthday Cake 25	BRAISED BEEF TIPS W/PASTA Cauliflower Steamed Spinach Potato Wheat Bread Spiced Peaches 26
HAMBURGER PACIFICA Broccoli Cuts Fruit Salad Whole Wheat Bread Grace's Chocolate Cookie 29	CHICKEN DIVAN BAKE Capri Blend Vegetables Country Coleslaw Oatmeal Bread Walnut Crunch Cake 30	VEGETABLE CHEESE STRATA Mixed Vegetables Garden Vegetable Salad Multigrain Roll Banana Pudding 31		A suggested minimum donation is requested from seniors 60 and older. Non-seniors must pay the full cost of the meal. 1% milk served with all meals.