

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Seasoned Chicken Breast Baked Sweet Potato Brussel Sprouts Whole Wheat Roll Cooked Apples	3 Beef Stew Seasoned Cabbage Cornbread Pudding	4 Salmon Fillet Green Beans Cole Slaw Biscuit Orange Sections	5 Sliced Ham Pinto Beans Turnip Greens Cornbread Glazed Pears	6 Lima Beans w/ sliced onions Okra/Tomatoes Seasoned Squash Cornbread Tropical Fruit	7
8 Daylight Saving Begins	9 Salisbury Steak Mashed Potatoes Tossed Salad Whole Wheat Roll Banana Pudding	10 Oven Crispy Chicken Seasoned Spinach Stewed Tomatoes Brownie Jello	11 Pinto Beans Pickled Beets Okra Cornbread Applesauce	12 Roasted Chicken Thigh Broccoli Glazed Carrots Whole Wheat Roll Tangerine	13 Sloppy Joe Coleslaw Potato Wedges Ambrosia	14
15	16 Chicken Vegetable Stir Fry Brown Rice Angel Food Cake w/ Strawberries	17 Lemon Pepper Chicken Cauliflower Vegetable Succotash Whole Wheat Roll Pineapple Carrot Salad	18 Pork Chop Mashed Potatoes Turnip Greens Cornbread Hot Apple Crisp	19 Navy Beans Collard Greens Baked Potato Cookie	20 Turkey Chili Cole Slaw Crackers Hot Spiced Peaches	21
22	23 Macaroni & Cheese Bake Crowder Peas Stewed Tomatoes w/ zucchini Cornbread Bananas	24 Grilled Cheese Sandwich Navy Beans Kale Jello	25 Baked Fish Green Beans Corn Whole Wheat Roll Strawberries	26 Sliced Pork Shoulder Black-Eyed Peas Seasoned Cabbage Cornbread Fruit Cocktail	27 Hamburger Steak w/ Green peppers, onions & mushrooms Mashed Potatoes Seasoned Broccoli Whole Wheat Roll Pudding	28
29	30 Seasoned Chicken Breast Baked Sweet Potato Brussel Sprouts Whole Wheat Roll Cooked Apples	31 Beef Stew Seasoned Cabbage Cornbread Pudding	Fresh Salads Served Daily Café Hours: 11am-1pm Members 60+: \$5.00 Members under 60/Guests: \$6.00 <i>Menu Subject to Change</i>			

For questions and concerns, contact Spalding County Senior Center at 770-467-4385.