



Senior Menu- March 2010



Eldermount Information:

Menu Substitutions:
Instead of Cheese Ravioli on Friday, March 19th
Eldermount will have a Hot Dog Grill In to celebrate
Spring's arrival.



Lunch Components	Serving Size	# Serving
<u>Milk, Fluid</u>	1 cup	1
<u>Fruit or Vegetable or Full-Strength Juice</u>	1/2 cup	2
<u>serve 2 or more vegetables or fruits for a total of 1 cup</u>		
<u>Bread or Bread Alternate cornbread, biscuits, muffins, rolls</u>	1 slice	2
<u>Cooked pasta, noodles, or grains</u>	1/2 cup	
<u>Meat or Meat Alternate lean meat, poultry, fish, cheese, eggs, cooked dry peas, or beans</u>	3 ounces	1
<u>Peanut butter (d) diabetic</u>	1/2 cup / 4tbl.	
<u>Menu subject to change</u>		

ALL MEALS SERVED WITH MILK Margarine is included unless meal is sandwich-style. Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Open Faced Roast Beef w/ Gravy Mashed Potatoes Peas & Onions White Bread/ Margarine Grape Juice (100%) Chocolate Cake Diet: Same Share a Smile Day	2 Chicken Stew Capri Vegetables Cornbread/ Margarine Fruited Jell-O Goldfish Graham Crackers Diet: Same	3 Roast Turkey w/ Gravy Herb Dressing Broccoli Cauliflower Strawberry Applesauce Wheat Dinner Roll/ Margarine Diet: Same	4 Steak Hoagie w/ Cheese & Onions Tater Nuggets Stewed Tomatoes Bun Fresh Orange Diet: Same	5 Baked Fish w/ Tartar Sauce Diced Potatoes Vegetable Medley Wheat Bread/ Margarine Fruit Cocktail Teddy Grahams Diet: Same Bridge Players Day
8 Roast Beef & Gravy Mashed Potatoes Capri Vegetables Dinner Roll/ Margarine Cinnamon Applesauce Sponge Cake Diet: Same	9 BBQ Beef Vegetable Beef Soup (cong) Peas & Onions Cole Slaw Peach "Cobbler" Bun Diet: Same	10 Open Faced Turkey Gravy Mashed Potatoes Corn White Bread/ Margarine Orange Juice (100%) Pudding Diet: Sugar Free Pudding	11 Pork Cutlet w/ Gravy Diced Beets Green Beans Wheat Bread/ Margarine Pineapple Tidbits Knottsberry Cookie Diet: Same	12 Cheese Lasagna w/ Spaghetti Sauce Mozzarella Cheese Italian Vegetables Tossed Salad/ Italian Dinner Roll/ Margarine Apple Treat Diet: Same Girl Scout Day- 95th Anniversary
15 Pineapple Ham Steak Sweet Potato Patties (2) Peas Cornbread/ Margarine Craisins Sponge Cake Diet: Same Ides of March	16 Meatloaf w/ Gravy Mashed Potatoes Carrots Bun Mixed Fruit Diet: Same	17 Leprechaun Potato Casserole Blarney Broccoli Wee People Wheat Bread/ Margarine Emerald Isle Apple Treat Shillelagh Animal Cookies Diet: Same St. Patrick's Day- Erin go Bragn!	18 Smoked Turkey Sausage w/ Spanish Rice Stewed Tomatoes Fiesta Vegetables* Texas Toast Plums *contains mushrooms Diet: Same	19 Cheese Ravioli w/ Sauce Diced Carrots Green Beans Peas Wheat Dinner Roll/ Margarine B'day Cake Hot Dog Grill In for Eldermount Diet: Same HAPPY BIRTHDAY!
22 Grilled Chicken w/ BBQ Sauce Potato Wedges Broccoli w/ Cheese Pineapple Tidbits Bun Diet: Same	23 Cheese Ravioli Italian Vegetables Spinach/ Vinegar Dinner Roll/ Margarine Sliced Peaches Parmesan Cheese Diet: Same	24 Country Fried Steak Mashed Potatoes Vegetable Medley Grape Juice (100%) Dinner Roll/ Margarine Angel Food Cake Diet: Same	25 Turkey Ham/ Cheese Omelet w/ Tomatoes, Onions, Peppers O'Brien Potatoes Wheat Dinner Roll/ Margarine Pears Graham Crackers Diet: Same	26 Fish Sandwich w/ Tartar Sauce Vegetable Medley Stewed Tomatoes Strawberry Applesauce Bun Diet: Same Make Up Your Own Holiday Day
29 Roast Pork w/ Gravy Mashed Potatoes Peas Rye Bread/ Margarine Strawberry Applesauce Animal Cookies Diet: Same Passover Begins at Sundown	30 Veal Italiano Spaghetti Mixed Greens/ Vinegar Vegetable Normandy Cranberry Juice Angel Food Cake Diet: Same National Doctors Day	31 Cheeseburger Tomato Soup (cong) Baked Beans Broccoli Pineapple Tidbits Bun Mustard/Ketchup Diet: Same	Mar. 8 International Women's Day Mar. 14 Daylight Savings Time begins "Spring Forward" Mar. 15 Ides of March Mar. 17 St. Patrick's Day	Mar. 20 1st Day of Spring Mar. 21 Single Parents Day Mar. 28 Palm Sunday Mar. 29 Passover at Sundown

Hamburger Grill In	Hot Dog Grill In	3/19
Hamburger & Bun Cheese, Tomato Pickle, Onion Mac & Cheese Mustard/Ketchup Fruit Salad	Hot Dog & Bun Mustard/Ketchup Baked Beans Fruit Salad Brownie	

Box Lunch
Ham & Swiss On Wheat Fresh Apple Potato Salad 3-Bean Salad Fresh Baked Cookie Mayo Milk

Box Lunch:
Contents vary depending on the weekly rotation