



SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
MARCH 2010 MENU



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
PEANUT BUTTER LOVER'S DAY
 BEEF GOULASH
 NOODLES
 SCANDINAVIAN BLEND VEGGIE
 TOSSED SALAD W/TOMATO
 DINNER ROLL
 TROPICAL FRUIT
 PEANUT BUTTER COOKIE

2
 MEATBALL SUBMARINE
 POTATO SALAD
 CARROT COINS
 SANDWICH BUN
 BANANA
 DESSERT

3
 CHICKEN A LA KING
 PEAS
 CARROT RAISIN SALAD
 BISCUIT
 APPLE
 DESSERT

4
 ROAST TURKEY W/GRAVY
 MASHED POTATOES
 GREEN BEANS
 PAN ROLL
 PEACHES
 DESSERT

5
 FISH SANDWICH
 W/CHEESE & TARTAR SAUCE
 WEDGE POTATOES
 COLESLAW
 SANDWICH BUN
 FRUIT COCKTAIL
 DESSERT



8
 PORK CHOW MEIN
 FLUFFY RICE
 CAPRI BLEND VEGGIES
 ASIAN SLAW
 PAN ROLL
 APRICOTS
 DESSERT



9
 CHICKEN PICCATA
 MASHED POTATOES
 ITALIAN BLEND VEGGIES
 ROLL
 PEARS
 DESSERT

10
 BEEF STEW
 CUCUMBER & TOMATO SALAD
 BISCUIT
 PEACHES
 DESSERT



11
 CHEESEBURGER
 W/KETCHUP & MUSTARD
 WEDGE POTATO
 3-BEAN SALAD
 SANDWICH BUN
 ORANGE
 DESSERT

12
 TUNA NOODLE CASSEROLE
 PEAS
 MIXED GREEN SALAD W/TOMATO
 ROLL
 BANANA
 DESSERT



15
 CHOPPED STEAK W/GRAVY
 WHIPPED POTATOES
 BRUSSEL SPROUTS
 PAN ROLL
 ORANGE
 DESSERT



16
 CHEF SALAD
 W/HAM, TURKEY, CHEESE
 TOMATOES, CUCUMBERS
 MIXED GREENS
 MUFFIN
 APPLE
 DESSERT

17
ST. PATRICK'S DAY
 CORNED BEEF
 POTATOES
 CARROTS, CABBAGE
 RYE BREAD
 PINEAPPLE
 DESSERT



18
 LASAGNA W/MEATSAUCE
 TOSSED SALAD
 ZUCHINI BLEND
 ITALIAN BREAD
 APRICOTS
 DESSERT



19
 ALFREDA'S FISH
 OVEN BROWNED POTATOES
 CALIFORNIA BLEND
 POTATO ROLL
 PEACHES
 DESSERT

22
 PORK CHOP W/GRAVY
 SCALLOPED POTATOES
 CAPRI BLEND VEGGIES
 DINNER ROLL
 PEARS
 DESSERT



23
 TURKEY DIVAN
 BROCCOLI FLORETS
 CREAMY COLESLAW
 CORN BREAD
 MIXED FRUIT
 DESSERT



24
 VEAL PARMESAN
 SPAGHETTI W/SAUCE
 VEGGIE BLEND
 SALAD GREENS
 ITALIAN BREAD
 ORANGE
 DESSERT

25
 COUNTRY FRIED STEAK
 W/GRAVY
 WHOLE GREEN BEANS
 MASHED POTATOES
 WHEAT ROLL
 BANANA
 DESSERT



26
 MACARONI & CHEESE
 STEWED TOMATOES
 GREEN SALAD
 PAN ROLL
 APPLE
 DESSERT

29
 CHILI CON CARNE
 BAKED POTATO
 W/GRATED CHEESE
 BROCCOLI
 ITALIAN BREAD
 PEACHES
 DESSERT

30
 BAKED HAM
 WHIPPED SWEET POTATOES
 GREEN PEAS
 WHOLE WHEAT BREAD
 ORANGE
 DESSERT



31
 BREADED CHICKEN SANDWICH
 W/LETTUCE & MAYO
 OVEN BROWNED POTATOES
 PASTA VEGGIE SALAD
 BUN
 BANANA
 DESSERT

MENU SUBJECT TO CHANGE
 WITHOUT NOTICE
 MARGARINE & HALF PINT OF MILK
 SERVED WITH EVERY MEAL



SUGGESTED COST SHARE \$3.00

**PLEASE CALL 24 HOURS IN
 ADVANCE TO CANCEL MEALS**
810-632-2155
888-886-8971

MANAGED BY PARAGON MANAGEMENT, INC. *SPONSORED BY THE COMMUNITY OF CHRIST CHURCH* FUNDED THROUGH THE AREA AGENCY ON AGING 1-B, OSA, OAA
 OTHER CONTRIBUTORS: THE LIVINGSTON COUNTY COMMISSIONERS * THE LIVINGSTON COUNTY SENIOR NUTRITION PROGRAM COMPLIES WITH ALL CIVIL RIGHTS AND SOCIAL REHABILITATION ACTS. APPROVED: 01/26/2010