

# MARCH MENU



For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).  
The Suggested Contribution for participants age 60+ is \$3.50.

Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

## MONDAY

3

Shrimp Scampi on whole wheat Fettucine pasta with yellow squash, 5-way-vegetable mix, and mango cubes.

## TUESDAY

4

Chicken Kiev, spinach, baby carrots, whole grain roll, and an apple.

## WEDNESDAY

5

\*\* Roasted Pork Loin, cauliflower, peas, brown rice pilaf, and mixed berries.

## THURSDAY

6

Tortilla-Encrusted Tilapia, Brussels sprouts, chuck wagon corn, whole grain roll, and an orange.

## FRIDAY

7

Hamburger on a whole wheat bun, tater tots, four-way vegetable medley, and grapes.

10

Herb-Encrusted Chicken, summer squash, Italian vegetable medley, whole wheat pasta, and sliced pears.

11

Open-Faced Roast Beef Sandwich on whole wheat bread, roasted red potatoes, green beans, Fig Newtons, and mixed berries.

12

Vegetarian Lasagna, Normandy vegetables, garden green salad, whole-wheat roll, and grapes.

13

Shrimp Alfredo, spinach, mixed vegetables, brown rice, and a banana.

14

\*\* Scrambled Eggs with diced bell pepper and onion mix, Pork Sausage, tater tots, a whole wheat biscuit, and a Mandarin orange.

17

Bean and cheese burrito with vegetables on a whole grain tortilla, Spanish brown rice, and mango cubes.

18

Chicken Nuggets, carrots and potatoes, broccoli, a whole grain roll, and apricot slices.

19

Meatloaf, roasted skin-on potatoes, Brussels sprouts, a whole grain roll, and a mixed berry crisp.

20

Chicken Salad, edamame, stewed tomatoes, a whole grain roll, grapes, and Graham Crackers.

21

Herb-Encrusted Tilapia, yams, winter blend vegetables, brown rice pilaf, and an apple.

24

Popcorn Chicken, mashed potatoes, corn, a whole wheat biscuit, and a banana.

25

\*\* Pork Cutlet, peas and onions, yams, whole wheat roll, and a tropical fruit mix.

26

Veggie Lasagna, Normandy vegetables, green garden salad, whole wheat roll, and Mandarin oranges.

27

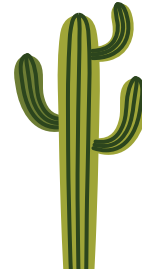
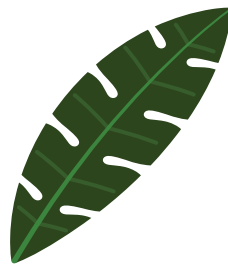
Hamburger on a whole wheat bun, tater tots, 4-way veggie medley, and grapes.

28

Shrimp Alfredo on whole wheat pasta, Italian vegetables, carrots, and mixed fruit.

31

Pot Roast with potatoes and carrots, coleslaw, a whole grain roll, and an apple crisp with oatmeal topping.



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