


March 2009

To access ingredient content, please call Ottawa County Senior Resources 419-898-6459

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Women's History Month</p> <p>Peppy Pepper Steak Over Divine Rice Maui Blend Vegetables Whole Wheat Bread Pears</p> 	<p>3</p> <p>Chili with Beans Tossed Salad w/ Dressing Golden Cornbread Frosted Fruit</p>	<p>4</p> <p>Baked Ham (Chicken-LS Alt) Apple Walnut Stuffing Tossed Salad Mixed Vegetables Whole Wheat Bread Mandarin Oragnes</p> 	<p>5 Greek Day</p> <p>Greek Chicken Greek-Style Green Beans Spanakorizo (Spinach & Rice) Toasted Pita and Hummus Refreshing Grapes Strudel</p>	<p>6</p> <p>Salmon Loaf Creamed Peas and Onions (ALT: Chef Salad) Orange Baked Red Yams Plums Whole Wheat Muffin</p>
<p>9</p> <p>Baked Pork Chop Roasted Potatoes Crunchy Broccoli Salad Baked Beans Whole Wheat Bread Apricots</p>	<p>10 Lawrence Welk Day</p> <p>Roast Turkey With Savory Dressing Spinach and Red Onion Salad Beets with Orange Sauce Whole Wheat Bread Cranberry Apple Salad</p> 	<p>11</p> <p>Country Fried Steak w/ Gravy Creamy Mashed Potatoes European Blend Vegetables Whole Wheat Roll Saucy Prunes & Peaches</p>	<p>12</p> <p>Chicken Salad on a Classic Bun Potato Salad Carrots & Celery Sticks w/ Dip Citrus Sections</p>	<p>13 National Nutrition Month</p> <p>Vegetarian Black Bean Tacos Mexican Corn Fresh Bell Pepper Strips Passion Fruit Cup</p> 
<p>16</p> <p>Tender Liver and Onions (Roast Pork-LF Alt) Creamy Mashed Potatoes Seasoned Green Beans Pineapple Blueberry Muffin</p> 	<p>17 St. Patrick's Day</p> <p>Irish Corned Beef Dinner (Lemon Baked Cod-LS Alt) Pot-of-Gold Fruit Salad Irish Soda Bread Leprechaun Pistachio Pudding</p>	<p>18</p> <p>Oven Fried Chicken Mashed Potatoes w/ Gravy Gingered Carrots Whole Wheat Roll Pineapple Tidbits</p>	<p>19</p> <p>Herb Pork Loin Steamed Broccoli Red Skin Potatoes Bread Stick Baked Apple Slices Graham Crackers</p>	<p>20</p> <p>Buttermilk Pancakes Topped with Mixed Berries Cheesy Omelet Golden Hash browns Orange Juice</p>
<p>23</p> <p>Taco Salad Golden Cornbread Tropical Fruit Salad</p>	<p>24 American Diabetes Alert Day</p> <p>Herb Baked Chicken Pinto Beans Baked Italian Vegetables Baby Carrots Whole Wheat Bread Mandarin Oranges</p>	<p>25</p> <p>Savory Sausage Gravy Over Flaky Buttermilk Biscuit Hard Boiled Egg (LS Alt-Hamburger Gravy) Buttered Succotash Asparagus Chilled Grape Juice</p>	<p>26 March Madness</p> <p>Spaghetti with Meatballs Venetian Blend Vegetables Warm Garlic Bread Rum Sauced Bananas with Raisins <i>Danbury, Elmore & PC Birthday Cake</i></p> 	<p>27 Save Your Vision Month</p> <p>Baked Fish Almandine (ALT: Chef Salad) Green Beans Butternut Squash Soup Oranges Multigrain Bread <i>Genoa & HDM B-Day Cake</i></p>
<p>30</p> <p>Barbeque Chicken Diced Potatoes Steamed Broccoflower Whole Wheat Roll Mandarin Oranges & Bananas <i>Oak Harbor Birthday Cake</i></p>	<p>31</p> <p>Sloppy Joes w/ Cheese on a Bun Cole Slaw Vegetable Soup Peaches</p>	<p>LS Alt=Low Sodium Alternate</p> <p>LF Alt=Low Fat Alternate</p> <p>(These must be ordered ahead)</p>	<p>NATIONAL NUTRITION MONTH</p> 