



March 2023 Senior Center & Congregate Nutrition Site Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Fried Chicken Tenders Macaroni & Cheese Mixed Vegetables Orange Juice Roll Milk	28 Cheeseburger Green Beans Roasted Potatoes Pineapple Cup Bun Cookie Milk	1 Spaghetti & Meatballs Normandy Blend Peaches Roll Milk	2 Sliced Honey Ham Yams Peas Applesauce Corn Bread Milk	3 Taco Bake Rice & Black Beans Mexican Corn Pears Tortilla Milk
6 Chicken Stir Fry Oriental Vegetables Rice Cinnamon Apples Roll Milk	7 Roasted Pork Mashed Potatoes Greens Applesauce Biscuit Cookie Milk	8 Turkey Tetrazzini Noodles Peas and Carrots Peaches Garlic Bread Milk	9 Beef Tips White Rice Carrots Pears Soft Roll Milk	10 Smoked Sausage Cabbage Potatoes Au Gratin Apple Juice Wheat Roll Milk
13 BBQ Chicken Fiesta Rice Mixed Vegetables Applesauce Soft Roll Milk	14 Swedish Meatballs Green Peas Rice Pears Wheat Roll Cookie Milk	15 Cheese Manicotti w/ Marinara Sauce Broccoli Peaches Soft Roll Milk	16 Fish Sandwich Roasted Potatoes Succotash Orange Cup Bun Milk	17 Fried Chicken Cream Corn Greens Cranberry Juice Corn Bread Milk
20 Salisbury Steak Roasted Potatoes Green Beans Applesauce Wheat Roll Milk	21 Sweet & Sour Pork With Rice Mixed Vegetables Pears Roll Cookie Milk	22 Penne w/Meat Sauce Mixed Squash Apples Garlic Bread Milk	23 BBQ Pork Baked Beans Cabbage Apple Juice Bun Milk	24 Herbed Chicken Wild Rice Field Peas Peaches Roll Dessert Milk
27 Fried Chicken Tenders Macaroni & Cheese Mixed Vegetables Orange Juice Roll Milk	28 Cheeseburger Green Beans Roasted Potatoes Pineapple Cup Bun Cookie Milk	29 Spaghetti & Meatballs Normandy Blend Peaches Roll Milk	30 Sliced Honey Ham Yams Peas Applesauce Corn Bread Milk	31 Taco Bake Rice & Black Beans Mexican Corn Pears Tortilla Milk

Meals are served at 12:00 noon (Mon.-Fri.). Volunteer contributions for meals is appreciated and allows the agency to purchase additional meals. Eligible seniors are given priority with the meal service. Guests below the age of 60, may purchase a meal for the cost of \$4.50 (if available). Meals must be eaten at the site location (Beulaville, Faison, Kenansville, Wallace, Warsaw)