## MARCH JAL SENIOR CENTER MENU

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IF YOU WOULD LIKE TO HAVE LUNCH WITH US PLEASE CALL 395-2245 AND LEAVE YOUR NAME BEFORE 9:30 AM				1 ROAST BEEF MASHED POTATOES GRAVY BABY CARROTS WW ROLL BREAD PUDDING	2 GREEN CHILI CHICKEN ENCHILADAS LETTUCE & TOMATOE PINTO BEANS JELLO & APRICOTS	3
4	5 SPAGHETTI/ MEAT SAUCE ITALIAN VEGES SPINACH SALAD GARLIC BREAD APPLESAUCE CAKE	6 BEEF CALDILLO SPANISH SLAW SPANISH RICE PINTO BEANS TORTILLA GRAPES	7 BBQ CHICKEN FRIED OKRA RAW BROCCOLI & RAW CAULIFLOWER & RAW CARROTS ROLL SPICED PEACHES SUGAR COOKIE	8 GREEN CHILI HAMBURGER BUTTER BEANS CARROTS & PEPPER CHOCOLATE PUDDING	9 MEATLOAF BAKED POTATO ASPARAGUS TOSSED SALAD WW ROLL WHITE CAKE/CHERRIES	10
	12 BBQ BEEF SANDWICH POTATO SALAD RANCH STYLE BEANS CELERY & CARROT STICKS SHERBERT	13 1 CHALUPAS LETTUCE/TOMATOE FIESTA SALAD SALSA COTTAGE CHEESE SALAD	14 BAKED CHICKEN SUMMER SALAD CORN BREAD DRESSING SLICED CARROTS CHOCOLATE CAKE & FROSTING	15 CHICKEN FRIED STEAK, MASHED POTATOES/GRAVY CALI VEGES BISCUITS STRAWBERRIE/ BANANAS	16 CAJUN FISH TATOR TOTS BROCCOLI SALAD WHEAT BREAD PUMKIN PIE	17
18	19 SALMON PATTIES BAKED POTATO SQUASH & TOMATOES SPINACH WW ROLL CHOCOLATE PUDDING	20 BEEF TACOS LETTUCE/TOMATOE SPANISH RICE PINTO BEANS APRICOTS	21 CHICKEN STRIPS SMASHED POTATOES & GRAVY BROCCOLI & CARROTS WW ROLL STRAWBERRY SHORT CAKE	22 Pork Roast Black-Eye Peas Cabbage Cornbread Peach Cobbler	23 CHILE RELLENO PINTO BEANS TOSSED SALAD CRACKERS OATMEAL COOKIE	24
25	26 BEEF PATTY AND BUN PASTA SALAD BAKED BEANS ICE CREAM SUNDAE	27 TACO BURGER MEXICAN SALAD BROCCOLI STRAWBERRIES/ BANANAS	28 CHICKEN FAJITA PINTO BEANS TORTILLAS TOMATO/GREEN CHILI PUMPKIN DESERT	29 PORK CHOP SMASHED POTATOES & GRAVY ENGLISH PEAS BISCUIT CHERRY COBBLER	30 FRIED FISH TARTAR SAUCE FRENCH FRIES BROCCOLI SALAD BISCUIT TROPICAL FRUIT	31 MILK IS OFFERED WITH ALL MEALS calendarlabs.com