




MARCH 2019

FARGO MEALS AT SENIOR CENTERS

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	ASH WEDNESDAY 6	7	8
BEEF STEW MIXED VEGETABLES CORN MUFFIN TROPICAL FRUIT	BBQ RIBS BAKED POTATO W/SOUR CREAM SCALLOPED CORN MANDARIN ORANGES ROSEMARY DINNER ROLL	BAKED COD W/ALFREDO SAUCE WILD RICE KEY LARGO VEGETABLES PINEAPPLE BANANA BREAD	ROAST TURKEY MASHED POTATOES & GRAVY RIVIERA BLEND VEGETABLES CRANBERRY SAUCE LIME JELLO W/PEARS & WHIPPED TOPPING WHOLE WHEAT BREAD	CABBAGE ROLLS MASHED POTATOES AND SAUCE PEAS & CARROTS COTTAGE CHEESE ANGEL FOOD CAKE WITH STRAWBERRIES AND WHIPPED TOPPING
11	12	13	ST. PATRICK'S DAY MEAL 14	15
SWISS STEAK W/GRAVY MASHED POTATOES COUNTRY BLEND VEGETABLES FRESH FRUIT DATE BREAD	LEMON PEPPER CHICKEN SEASONED ROASTED RED POTATOES CREAMED PEAS CARROT RAISIN PINEAPPLE SALAD WHOLE WHEAT DINNER ROLL	TATER TOT HOTDISH CORN BROCCOLI SALAD APPLE CRISP AND WHIPPED TOPPING WHOLE WHEAT BREADSTICK	ROAST PORK W/GRAVY BOILED PARSLEY POTATOES COOKED CABBAGE BABY CARROTS IRISH SODA BREAD ST. PATRICK'S DAY COOKIE	PARMESAN ENCRUSTED FISH W/TARTAR SAUCE CHEESY HASHBROWN BAKE PACIFIC VEGETABLE BLEND CHERRY JELLO W/PEARS & WHIPPED TOPPING WHOLE WHEAT BREAD
18	19	First Day of Spring! 20	21	22
CHILI MAC HOTDISH MEXICORN PEACHES CHOCOLATE ZUCCHINI MUFFIN	ROAST BEEF W/GRAVY MASHED POTATOES PEAS & PEARL ONIONS FRUIT CUP WHOLE WHEAT DINNER ROLL	HAMBURGER ON A WHEAT BUN LETTUCE, ONION & TOMATO CLASSIC POTATO SALAD BAKED BEANS FRESH FRUIT	MEATLOAF BAKED POTATO W/SOUR CREAM STEWED TOMATOES ORANGE JELLO WITH MANDARIN ORANGES AND WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	LEMON PEPPER FISH WITH TARTAR SAUCE SCALLOPED POTATOES CRUNCHY VEGETABLE SALAD PEACH CRISP W/WHIPPED TOPPING WHOLE WHEAT BREAD
25	26	27	28	29
COUNTRY MEATBALLS MASHED POTATOES STEAMED BEETS APPLESAUCE WHOLE WHEAT BREAD	HERBED CHICKEN BREAST W/GRAVY MASHED POTATOES GREEN BEAN CASSEROLE PEAR SLICES PUMPKIN MUFFIN	PORK CHOPS WITH MUSHROOM GRAVY SMASHED POTATOES SQUASH CHERRY JELLO W/PEACHES & WHIPPED TOPPING WHOLE WHEAT BREAD	BEEF TIPS W/GRAVY MASHED POTATOES WAX BEANS FRESH FRUIT CARROT RAISIN MUFFIN	CHICKEN ALFREDO NOODLES CALIFORNIA MEDLEY CAPTAIN'S SALAD WHEAT GARLIC BREADSTICK PEAR CRISP W/WHIPPED TOPPING