




MARCH 2019

WEST FARGO AREA MEALS AT SENIOR CENTERS

WF DINING CENTERS
MEALS SERVED 11:45 - 12:30

MEAL RESERVATIONS
CALL 356-2047 ONE DAY IN ADVANCE BEFORE 12:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				SPAGHETTI WITH MEAT SAUCE LETTUCE SALAD W/DRESSING CARROTS FRESH FRUIT GARLIC BREAD
4	5	ASH WEDNESDAY 6	7	8
CHICKEN ALFREDO WITH NOODLES CALIFORNIA MEDLEY CAPTAIN'S SALAD WHOLE WHEAT GARLIC BREADSTICK FRUIT CUP	BBQ RIBS BAKED POTATO W/SOUR CREAM SCALLOPED CORN PEACH CRISP W/WHIPPED TOPPING DINNER ROLL	BAKED COD W/ALFREDO SAUCE WILD RICE COUNTRY VEGETABLES PINEAPPLE WHOLE WHEAT BREAD	SCALLOPED POTATOES W/HAM CARROT COINS TOMATO SLICES WHITE CAKE W/CHERRIES AND WHIPPED TOPPING CROISSANT	BEEF STEW BROCCOLI & CALIFOWER SALAD CORN BREAD W/HONEY FRUIT CUP & COOKIE
11	12	13	ST PATRICK'S DAY MEAL 14	15
CABBAGE ROLLS MASHED POTATOES W/SAUCE PRINCE EDWARD VEGETABLES COTTAGE CHEESE PEACHES WHOLE WHEAT BREAD	LEMON PEPPER CHICKEN ROASTED RED POTATOES WAX BEANS CARAMEL APPLE SALAD FRUIT CUP BANANA BREAD	TATOR TOT HOTDISH CORN LETTUCE SALAD W/DRESSING JELLO W/FRUIT & WHIPPED TOPPING CROISSANT	ROAST PORK WITH GRAVY BOILED PARSLEY POTATOES COOKED CABBAGE BABY CARROTS FOUR LEAF CLOVER COOKIE WHOLE WHEAT DINNER ROLL	PECAN ENCRUSTED TALAPIA W/TARTAR SAUCE CHEESY HASHBROWN BAKE BEETS FRESH FRUIT WHOLE WHEAT BREAD
18	19	FIRST DAY OF SPRING 20	21	22
CREAMED CHICKEN OVER MASHED POTATOES MIXED VEGETABLES FRUIT CUP PUMPKIN BREAD	LASAGNA GREEN BEANS CREAMY CUCUMBER AND TOMATO SALAD CHERRY COBBLER WITH WHIPPED TOPPING GARLIC BREADSTICK	HAMBURGER ON A WHOLE WHEAT BUN LETTUCE, TOMATO & ONION POTATO SALAD BAKED BEANS BANANA PUDDING W/WHIPPED TOPPING	ROAST TURKEY W/DRESSING MASHED POTATOES W/GRAVY CRANBERRIES COUNTRY VEGETABLES FRUIT CUP WHOLE WHEAT DINNER ROLL	SALMON LOAF PARSLIED BUTTERED POTATOES CREAMED PEAS ANGEL FOOD CAKE W/STRAWBERRIES AND WHIPPED TOPPING WHOLE WHEAT BREAD
25	26	27	28	29
COUNTRY MEATBALLS MASHED POTATOES BEETS APPLESAUCE WHOLE WHEAT BREAD	HERB CHICKED BREAST AU GRATIN POTATOES GREEN BEAN CASSEROLE PEARS CHOCOLATE CHIP ZUCCHINI BREAD	PORK CHOPS W/GRAVY SMASHED POTATOES SQUASH JELLO /FRUIT AND WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	BEEF TIPS W/GRAVY OVER NOODLES PEAS & CARROTS CHOCOLATE DATE CAKE W/WHIPPED TOPPING CROISSANT	LEMON PEPPER FISH W/TARTAR SAUCE ROASTED RED POTATOES CREAMED CORN FRUIT CUP & COOKIE WHOLE WHEAT BREAD

Menu meets the required Title 3 nutrient goals under the Older American Act

Calories: 735 Sodium Goals: 800-1000 mg daily Protein: 31.24 (g) Net Carbs: 87.11 (g) Fat: 24.5(g)