

MARCH 2024


VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL

SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Pork Wing Scalloped Potatoes California Blend Vegetables Pineapple Tidbits Whole Wheat Bread X2
4	5	6	7	8
Salisbury Steak w Mushroom Gravy Baked Potato w/Sour Cream Stewed Tomatoes Peaches Whole Wheat Bread x2	Chicken Veronique Smashed Potatoes Green Beans Fresh Fruit Apricots Whole Wheat Bread x2	Hamburger on a Whole Wheat Bun Mushrooms & Onions Baked Beans Pears	Ham Scalloped Potatos Brussel spouts Tropical Fruit Whole Wheat Bread X 2	Roast Beef Mashed Potatoes & Gravy Squash Apricots Whole Wheat Bread x2
11	12	13	14	15
Tator Tot Hotdish Crinkle Cut Carrots Applesauce Whole Wheat Bread x2	Chicken Kiev Baby Bakers Steamed Broccoli Fresh Fruit Whole Wheat Bread x2	Swiss Steak Seasoned buttered noodles Winter Blend veg Mandarin Oranges Whole Wheat Bread	Bratwurst Baked sweet potato Confetti Coleslaw Mangos Hot dog bun	Cheesy Egg Bake Crispy Cubed Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread x2
18	19	20	21	22
Shepherds Pie Filling Whipped Potatoes Tossed Salad w/Dressing Pears and Festive Cookie Whole Wheat Bread	Rosemary Orange Chicken Corn Seasoned Green Beans Pineapple Tidbits Whole Wheat Bread x2 Birthday cake & ice cream	Stir Fry Pork Cauliflower Japanese Stir Fry Veggies Peaches Whole Wheat Bread	BBQ Ribs Baked potato Parslied Carrots Fresh Fruit Whole Wheat Bread x2	Lasagna Tossed salad Peas Cinnamon Applesauce Breadstick
25	26	27	28	29
Ranch Chicken Butter Parslied Potatoes Seasoned Broccoli Tropical Fruit Whole Wheat Bread x2	Cabbage Rolls Roasted Garlic Whipped Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	Roast Pork Smashed potatos Diced beets Fresh Fruit Whole Wheat Bread x2	Chili w/Saltine Crackers Baked Potato Hot Spiced Apples Whole Wheat Bread	Closed