





Senior Nutrition Program Noon Meal Menu –March 2026

Serving all 17 counties. Subject to change. *Participants are responsible to comply with their own dietary restrictions.*

For individuals age 60+ and their spouse of any age, there is a suggested contribution of \$5. Individuals younger than 60 must pay the full meal charge as posted at the Nutrition Center unless otherwise eligible.

Monday	Tuesday	Wednesday	Thursday	Friday
2) 3 oz Herbed Chicken Breast 1/2 C Scalloped Potatoes 1/2 C Green Peas Wheat Roll No Bake Cookie	3) Cook's Choice With Dessert  Nutritionals not available	4) 6 oz Beef Stroganoff over 4 oz Noodles 1/2 C Roasted Brussel Sprouts 1/2 C Baked Cinnamon Apples Wheat Bread	5) 3 oz Herbed Pork Loin Baked Potato Sour Cream Margarine 1/2 C Green Beans w/ Onions* 1/2 C Peaches Wheat Roll	6) Cheeseburger on Bun Lettuce Leaf/Tomato Sl Mayo/Mustard 1/2 C Sweet Potato Wedges 1/2 C Broccoli 1/2 C Fruit Cocktail
9) Baked Spaghetti 1/2 C Italian Blend Vegetables* 1/2 C Tropical Fruit Garlic Bread Stick	10) Chicken Tenders 1/2 C Rice 1/2 C Fiesta Corn 1/2 C Hot Spiced Apples WW Bread	11) 1 C Turkey & Noodles 1/2 C Green Peas* 1/2 C Fruit Crisp Wheat Roll	12) 1 C Chili Soup 1/2 C Carrots 1/2 C Mixed Fruit Corn Bread	13) 3 oz Liver & Onions* 1/2 C Mashed Potatoes 2 oz Gravy 1/2 C Green Beans w/ Onions 1/2 C Fruited Gelatin 2 sl. WW Bread
16) 1/2 C BBQ Pulled Chicken on Bun 1/2 C Broccoli* 1/2 C Cinnamon Baked Pears	17) 3/4 C Tuna Noodle Casserole 1/2 C Buttered Carrots 1/2 C Fruit 2 sl WW Bread	18) Cook's Choice With Dessert  Nutritionals not available	19) 5 oz Ham & Potato Au Gratin 1/2 C Mixed Vegetables Biscuit 1/2 C Mixed Fruit	20) 3 oz Meatloaf 1/2 C Mashed Potatoes 1 oz Gravy 1/2 C Green Beans* 1/2 C Fruit Wheat Roll
22) Beef Enchilada Casserole 1/2 C Rice & Beans 1/2 C Tossed Salad w/ Dressing 1/2 C Mandarin Oranges	23) Salisbury Steak 1/2 C Mashed Potatoes 1/2 C Four Way Mixed Vegetables 1/2 C Applesauce 2 sl. WW Bread	24) 3 oz Herbed Baked Pollock* 1/2 C Brown Rice Pilaf 1/2 C Spinach and Onion 1/2 C Pears Wheat Roll	25) 3 oz Chicken Fettuccine 1/2 C Pasta 1 C Tossed Green Salad 2 tbs Dressing 1/2 C Peach Crisp Breadstick	26) 3 oz Loose Meat Sandwich on Bun 1/2 C Potato Salad 1/2 C Seasoned Peas 1/2 C Fruit
29) 5 oz. Pizza Pasta Casserole 1/2 C Corn 1/2 C Pears Cooki	30) 3 oz Pot Roast 1/2 C Roasted Red Potatoes 1/2 C Buttered Carrots Wheat Roll Frosted Cake	31) 5 oz Ham & Beans 1 C Tossed Salad 2 T Dressing 1/2 C Peaches Cornbread	Menus Are Subject to Change Nutritional's: Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 60+. *Dine-In Choices not available in all areas. **For Cooks Reference.	Carbohydrate Education information available upon request. All meals served with; 8 oz. milk, 1 whole wheat sl. bread unless other bread item noted, & 1 slice of margarine.

Please Call for required reservations 1-2 days in advance.