

# MARCH 2010 MENU

Morton Grove Senior Center

Reserve at 847-967-6876  
6140 Dempster Morton Grove, IL 60053

Monday	Tuesday	Wednesday	Thursday	Friday
<b>TURKEY BREAST w/STUFFING 1</b> <b>And GRAVY</b> Cranberry Sauce Mashed Potatoes Spinach Whole Wheat Bread Fruit Cocktail	<b>HOMESTYLE CHILI 2</b> Spiral Noodles Crackers Diced Carrots Whole Wheat Bread Cinnamon Apples DA: Apple Juice  <b>BINGO! At 10:30 am</b> <b>Deli-Bar: Soup &amp; Sandwich</b>	<b>MEATBALL STROGANOFF 3</b> <b>With RICE</b> Green Garden Peas Four-Bean Salad Whole Wheat Bread Fresh Orange	<b>CHICKEN PARMIGIANA 4</b> Baked Potato Tossed Salad w/Italian Dressing Soft Breadstick Chocolate Chip Pumpkin Muffin	<b>BREADED FISH w/CHEESE 5</b> Potatoes O'Brien Broccoli Blended Fruit Juice Sandwich Bun Fruited Gelatin DA: Strawberry Sugar-Free Gelatin  <b>BINGO! At 10:30 am</b> <b>Deli-Bar: Soup &amp; Sandwich</b>
<b>SWEDISH MEATBALLS 8</b> Mashed Potatoes Lima Beans Orange-Pineapple Juice Rye Bread Apple Oatmeal Cookie DA: Graham Crackers	<b>ORIENTAL BEEF w/BROCCOLI 9</b> White Rice Soy Sauce Peas & Carrots Grape Juice Whole Wheat Bread Pear Halves  <b>BINGO! At 10:30 am</b> <b>Deli-Bar: Soup &amp; Sandwich</b>	<b>HAPPY BIRTHDAY CLUB 10</b> <b>ITALIAN CHICKEN BREAST</b> Minestrone Soup Crackers Red Skin Potato Wedges Orange Juice Sandwich Bun DA: Fresh Apple <b>CHOCOLATE BIRTHDAY CUPCAKE</b>	<b>ROAST PORK w/GRAVY 11</b> Cheesy Mashed Potatoes Brussel Sprouts & Carrots Multi-Grain Bread (2) Applesauce	<b>CHEESE RAVIOLI 12</b> Zucchini in Italian Sauce Tossed Salad w/Italian Dressing Soft Breadstick Fresh Apple  <b>BINGO! At 10:30 am</b> <b>Deli-Bar: Soup &amp; Sandwich</b>
<b>VEAL PARMIGIANA 15</b> Mashed Potatoes Peas & Carrots Whole Wheat Bread (2) Pear Halves	<b>SMOKED SAUSAGE 16</b> Baked Beans Country Blend Vegetables Hot Dog Bun Catsup, Mustard, Relish and Onions Sliced Peaches  <b>BINGO! At 10:30 am</b> <b>Deli-Bar: Soup &amp; Sandwich</b>	<b>BEEF STEW 17</b> <b>With POTATOES and VEGETABLES</b> Succotash Apple-Cranberry Juice Whole Wheat Bread Date Nut Bread	<b>CHICKEN w/BROCCOLI 18</b> <b>And CHEESE</b> Mashed Potatoes Green Bean Almondine Apple Juice Whole Wheat Bread Apple Turnover DA: Graham Crackers	<b>WESTERN OMELET 19</b> Bean Soup w/Diced Ham Crackers Mixed Vegetables Tossed Salad w/Ranch Dressing Whole Wheat Bread Fresh Banana  <b>BINGO! At 10:30 am</b> <b>Deli-Bar: Soup &amp; Sandwich</b>
<b>FETTUCINI ALFREDO 22</b> <b>With CHICKEN</b> Glazed Carrots Grape Juice Dinner Roll Apricot Halves	<b>MEATLOAF w/JARDINERE 23</b> <b>SAUCE</b> Mashed Sweet Potatoes Vegetable Soup Crackers Orange-Pineapple Juice Whole Wheat Bread Banana Nut Bread  <b>BINGO! At 10:30 am</b> <b>Deli-Bar: Soup &amp; Sandwich</b>	<b>BBQ CHICKEN FILLET 24</b> Cut Green Beans Beet & Onion Salad Sandwich Bun Fresh Pear	<b>BEEF CHOP SUEY 25</b> <b>With ORIENTAL VEGETABLES</b> White Rice Soy Sauce Broccoli, Carrots & Waterchestnuts Multi-Grain Bread Pineapple Chunks	<b>VEGETABLE LASAGNA 26</b> Stewed Tomatoes Tossed Salad w/Italian Dressing Whole Wheat Bread Cinnamon Apples/Raisins DA: Fresh Fruit  <b>BINGO! At 10:30 am</b> <b>Deli-Bar: Soup &amp; Sandwich</b>
<b>HOMESTYLE CHILI 29</b> Spiral Noodles Crackers Diced Carrots Whole Wheat Bread Cinnamon Apples DA: Apple Juice	<b>Turkey Breast with Stuffing 30</b> <b>And Gravy</b> Mashed Potatoes Spinach Whole Wheat Bread Fruit Cocktail	<b>CHICKEN PARMIGIANA 31</b> Baked Potato Tossed Salad w/Italian Dressing Italian Mixed Vegetables Soft Breadstick Chocolate Chip Pumpkin Muffin	<b>All Meals Served With Fat-Free or Low Fat Milk</b>  <b>Dr = Dressing</b> <b>DA = Diabetic Alternative</b> <b>TS = Tartar Sauce</b> <b>SS = Soy Sauce</b> <b>CS = Cranberry Sauce</b>  <b>Menu Subject To Change Due to Availability</b>	
<b>Suggested Donation \$3.25 - \$3.50 For Hot Meal</b>  <b>DELI-BAR: Tuesday &amp; Friday BINGO EVERY TUES. &amp; FRI. At 10:30 am</b> <b>Sherletta Mattison</b> Site Manager Community Nutrition Network CNN				

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