

LUNCH CALENDAR

MARCH, 2022

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative **(Items must be ordered at least one week in advance)**

SUGGESTED DONATION: \$2.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate **(Items must be ordered at least one week in advance)**

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Swedish Meatballs Egg Noodles Brussels Sprouts Wax Beans Peaches	Potato Soup Seafood Salad Sandwich Tossed Salad Jell-O	Creamed Chipped Beef Mashed Potatoes Steamed Broccoli Fresh Fruit Yogurt	Salmon Patties Au Gratin Potatoes Creamed Peas Tropical Fruit
Beef & Noodles Mashed Potatoes Green Beans Mixed Fruit	Smoked Sausage w/ Sauer Kraut (LS Alt=Turkey Franks) Smashed Red Potatoes Winter Squash Mandarin Oranges	Salisbury Steak Mashed Potatoes Sugar Snap Peas Pears Brownies	Goulash Cooked Cabbage Mixed Vegetables Fresh Grapes	Macaroni & Cheese California Blend Vegetables Baked Apples Juice
Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Spiced Applesauce	Chicken Alfredo Pasta Steamed Broccoli Sliced Carrots Fruit Cocktail Cookies	Pub Burgers Seasoned Potato Wedges Corn Nuggets Tangerine	Swiss Steak Mashed Potatoes Buttered Beets Dark Sweet Cherries	Baked Fish Hash Brown Casserole Stewed Tomatoes Fruit Salad
Beef Chow Mein Steamed Brown Rice Midori Blend Vegetables Pineapple	Cabbage Rolls Mashed Potatoes Peas & Mushrooms Peaches	Steamed Franks (LS Alt=Chicken Breast) Baked Beans Broccoli w/Cheese Sauce Bananas	Pot Roast Boiled Potatoes Carrots Orange Sections Muffins	Cream of Broccoli Soup Ground Bologna Sandwich (LS Alt= Tuna Salad) Pea Salad 5 Cup Salad
BBQ Beef Sandwich Tater Tots Ranch Style Beans Vinegar Cole Slaw Mixed Fruit	Breaded Pork Chops Rice Pilaf Green & Wax Beans Cranberry Sauce Juice	Hot Chicken Sandwich Roasted Potatoes Mixed Vegetables Fresh Fruit	Shepherd's Pie Summer Squash Fruit Crisp	