

MARCH, 2023

LUNCH CALENDAR

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **Menu is subject to change.** The Fulton County Meal Program is financed with meal donations, local levy funds, and ACoA 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**)

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

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

Checks Payable to: Fulton County Senior Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| | | 1 Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Apple Slices | 2 Breaded Pork Chops Redskin Potatoes Peas & Mushrooms Pineapple | 3 Lasagna (Lent Alt=Vegetable Lasagna) Steamed Broccoli Sliced Carrots Grapes |
| 6 Creamed Chicken Over Biscuits Buttered Beets Fruit Crisp | 7 Sausage Patty Sandwich Hash Brown Casserole Succotash Fresh Fruit | 8 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Bananas Pudding | 9 Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Winter Blend Vegetables Peaches | 10 Minestrone Soup Seafood Salad Sandwich Tossed Salad Sunshine Salad |
| 13 Sausage & Sauerkraut (LS Alt=Low Sodium Franks) Smashed Red Potatoes Peas w/Onions Mandarin Oranges | 14 Baked Chicken Mashed Potatoes Green Beans Cranberry Sauce | 15 Cheese Burgers Seasoned Potato Wedges Spinach Fruit Salad | 16 Chicken Alfredo Pasta Steamed Broccoli Carrots Dark Sweet Cherries | 17 Chicken Breast Sandwich (Lent Alt=Fish Sandwich) O'Brien Potatoes Brussels Sprouts Fresh Fruit |
| 20 Salisbury Steak or Liver & Onions Mashed Potatoes Sugar Snap Peas Mixed Fruit | 21 BBQ Beef Sandwich Roasted Potatoes Ranch Style Beans Tropical Fruit | 22 Chili w/Beans Mexican Style Rice Summer Squash Pineapple Juice | 23 Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Butter Beans Tangerines Yogurt | 24 Baked Fish Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice |
| 27 Hamburger Gravy Mashed Potatoes Mixed Vegetables Pears | 28 Steamed Franks (LS Alt=Chicken Breast) Baked Beans California Blend Apples | 29 Beef & Noodles Mashed Potatoes Green Beans Mixed Fruit Brownies | 30 Goulash Cooked Cabbage Fruit Crisp Fresh Fruit | 31 Potato Soup Ground Bologna Sandwich (Lent Alt=Tuna Salad) Tossed Salad 5 Cup Salad |