HUMAN SERVICES ASSOCIATION "Where Caring Becomes Doing" SENIOR DINING CENTER MARCH 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF PICADO Flour Tortilla Black Beans Brown Spanish Rice Chopped Romaine Salad Mandarin Oranges w/Jicama	Corn Chowder Soup SWEDISH MEAT BALLS WG Bread Mashed Potatoes Chopped Spinach & Kale Applesauce	5 BAKED FISH W/Tomato & Onion Sauce WG Roll/Rotini Pasta Sesame Broccoli Mixed Green Fields Seasonal Fruit Crumb cake	BEEF LASAGNA WG Roll Zucchini Medley Broccoli Slaw Tropical Fruit Cream Cookie	7 Cream of Mushroom Soup GINGER FISH WG Roll Fiesta Corn Barley Pilaf Garden Salad w/ Red Onion Cantaloupe
10 Split Pea Soup BAKED ZITI (TURKEY) WG Pasta Sourdough Bread Corn Zucchini Medley Kiwi	11 ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE Couscous Pilaf Broccoli & Cauliflower Chopped Salad Apple or Applesauce Green Gelatin	12 Tomato Soup MEATLOAF w/GRAVY WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	BBQ CHICKEN (L&T) WG Dinner Roll Carrots Baked Beans Orange	14 St. Patrick's menu !CORNED BEEF! Potato Wedges Steamed Cabbage Orange Whole Rye Bread Carrot & Pineapple Salad Green Manhattan Gelatin
17 Cream of Mushroom Soup HAWAIIAN CHICKEN W/PINEAPPLE Brown Rice Oriental Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe	18 BEEF STEW w/ POTATOES, CELERY, & ONION WG Dinner Roll Carrots Creamy Dill Cucumber Salad Orange Fruited Vanilla Yogurt	Lentil Soup CHICKEN MARSALA w/MUSHROOM & WHITE WINE SAUCE WG Penne Pasta Peas & Onions Marinated Beet Salad/Kiwi	Chicken Cilantro Soup BBQ HAMBURGER WG Bun Broccoli Macaroni Salad Plum or Pear	BREADED FISH Flour Tortilla (1) Brown Spanish Rice Zucchini Medley Creamy Coleslaw w/Chipotle Dressing Banana
24 Choice of Entrée TURKEY CHILLI w/BARLEY OR VEGETARIAN CHILI w/BARLEY Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes/Pear	25 CREAMY CILANTRO BAKED FISH Biscuit Brown Rice Pilaf Broccoli Romaine Caesar Salad w/Croutons Kiwi	26 ROAST BEEF W/GRAVY WG Roll Mashed Sweet Potatoes Collard Green Waldorf Salad Cream Cookie	Fideo Soup HERB CHICKEN Barley Pilaf Black Eyed Peas Garden Salad Mandarin Oranges	28 Tomato Bisque Soup TUNA SANDWICH WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Banana
31 ALL SITES CLOSED OBSERVANCE	March NA RAKE	VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00	St. 5	

All MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE AIDE FOR CHOICE OF FRUIT !HIGH SODIUM! *MENU SUBJECT TO CHANGE WITHOUT NOTICE - This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES