

MARCH 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS				
Low Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (Mar. 10 & 29)		Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)		
Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.		Main Entrée* Pork Chop Mashed Potatoes & Gravy Green Beans Wheat Bread Apple Crisp Café Entrée Grilled Chicken Sandwich Café Fresh Salad Cottage Cheese w/ Fruit	1 Main Entrée* Roast Beef Baked Potato Sour Cream Peas & Pearl Onions Banana Café Entrée Walking Tacos Café Fresh Salad Cranberry Chicken Salad	2 Main Entrée* Salmon Patty Wild Rice Broccoli Whole Wheat Roll Poke Cake Café Entrée Reuben Café Fresh Salad Fruit Salad
6 Main Entrée* Chicken Alfredo Fettucine Noodles Italian Blend Vegetables Garlic Bread Cheesecake Café Entrée Patty Melt Café Fresh Salad Veggie Blend Salad	7 Main Entrée* Beef Shepherd's Pie Mashed Potatoes Mixed Vegetables Wheat Roll Cupcake Café Entrée Big Poppa Burger Café Fresh Salad COA Salad	8 Main Entrée* Baked Ham Scalloped Potatoes Green Beans Wheat Bread Fruit / Brownie Café Entrée Loaded Mac & Cheese Café Fresh Salad Cobb Salad	9 Main Entrée* Lasagna Tossed Salad Italian Breadstick Frosted Cake Café Entrée Spicy Chicken Sandwich Café Fresh Salad Turkey Craisin Salad	10 Main Entrée* Baked Fish Rice Pilaf Corn Apple Pie Café Entrée Pulled Pork Sandwich Café Fresh Salad Antipasto Salad
13 Main Entrée* BBQ Chicken Thighs Baked Beans Broccoli Wheat Roll Pumpkin Mousse Café Entrée Grilled Cheese Café Fresh Salad COA Salad	14 Main Entrée* Salisbury Steak Mashed Potatoes Beef Gravy Carrots Pecan Pie Café Entrée Coconut Curry Chicken Café Fresh Salad Mini Chef Salad	15 Main Entrée* Apple Pork Loin Stuffing California Blend Vegetables Wheat Bread Peaches Café Entrée Hot Turkey Sandwich Café Fresh Salad Beef Taco Salad	16 Main Entrée* Chicken Enchiladas Spanish Rice Refried Beans Fruit Samoa Cake Café Entrée Italian Sliders (2) Café Fresh Salad Garlic Shrimp Salad	St. Patrick's Day Meal 17 Main Entrée* Corned Beef Cabbage & Carrots Redskin Potatoes Wheat Roll Leprechaun Pudding Café Entrée Tuna Melt Café Fresh Salad Buffalo Chicken Salad
20 Main Entrée* Sweet & Sour Chicken White Rice Sugar Snap Peas Wheat Bread Fortune Cookie Café Entrée Tamales w/ Refried Beans Café Fresh Salad Tuna Salad	21 Main Entrée* Beef Stroganoff Egg Noodles Capri Vegetable Blend Wheat Roll Chocolate Cherry Cake Café Entrée Popcorn Chicken Café Fresh Salad House Salad	22 Main Entrée* Roast Turkey Maple Squash Green Beans Wheat Bread Fruit / Apple Pie Café Entrée Cheeseburger Café Fresh Salad Antipasto Salad	23 Main Entrée* Baked Spaghetti Tossed Salad Bread Stick Fruit Chocolate Fudge Cake Café Entrée Breakfast Pizza Café Fresh Salad Mediterranean Salad	24 Main Entrée* Beer Battered Fish Sandwich Coleslaw Peas Tartar Sauce Orange Cake Café Entrée Italian Melt Café Fresh Salad Fruit Salad
27 Main Entrée* Fried Chicken Mashed Potatoes Squash Wheat Roll Fruit / Brownie Café Entrée Hot Beef Sandwich Café Fresh Salad Cobb Salad	28 Main Entrée* Beef Stew Stew Vegetables Green Beans Wheat Bread Pears Café Entrée Chicken & Waffles Café Fresh Salad Cottage Cheese w/ Fruit	29 Main Entrée* Honey Dijon Chicken Rice Pilaf Capri Blend Vegetables Wheat Roll Fruit / Cookie Café Entrée Grilled Ham & Cheese Café Fresh Salad Veggie Blend Salad	30 Main Entrée* Vegetable Lasagna California Blend Vegetables Breadstick Mandarin Oranges Café Entrée Salisbury Steak & Redskins Café Fresh Salad BLT Salad	31 Main Entrée* Cheese Ravioli w/ Sauce Green Beans Wheat Bread Diced Pears Café Entrée Tilapia & Coleslaw Café Fresh Salad Chicken Taco Salad

Menu is subject to change without notice.

***Daily vegetarian lunch option available upon request.*



Meals are funded in part by
 Region IV Area Agency on Aging and are
 served in partnership with Cass County COA.
(Suggested Donation per Meal: \$4.00)