

March 2025 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.
Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Spaghetti & Meatballs with Marinara Sauce Italian Blend Vegetables Triple Berry Blend Italian Bread</p>	<p>4</p> <p>Pancakes with Syrup Sausage Links Van Greek Yogurt & Mandarin Orange Parfait Confetti Cake</p>	<p>5</p> <p>Baked Fish Macaroni & Cheese Stewed Tomatoes Golden Fruit Parfait</p>	<p>6</p> <p>Beef Stew Biscuit Monte Carlo Vegetables Strawberry Mousse</p>	<p>7</p> <p>Vegetable Quiche Tater Tots French Cut Green Beans Orange</p>
<p>10</p> <p>BBQ Ham on a Whole Wheat Roll French Fries Key West Vegetables Triple Berry Blend</p>	<p>11</p> <p>Roast Pork with Gravy Mashed Potatoes Sauerkraut Apple Juice Whole Wheat Roll</p>	<p>12</p> <p>Breaded Chicken Patty on a Whole Wheat Roll Vegetable Beef Soup with Crackers Mandarin Oranges</p>	<p>13</p> <p>Meatloaf with Gravy Mashed Potatoes Steamed Broccoli Florets Diced Peaches Chocolate Pudding</p>	<p>14</p> <p>Egg Salad Sandwich on a Whole Wheat Roll Vegetable Barley Soup with Crackers Applesauce</p>
<p>17</p> <p>Baked Ham Buttered Noodles & Cabbage Steamed Broccoli Florets Pears in Lime Gelatin St. Patrick's Day Cake</p>	<p>18</p> <p>Kielbasa & Pierogies Steamed Broccoli Florets Vanilla Greek Yogurt & Diced Peach Parfait</p>	<p>19</p> <p>Swedish Meatballs Buttered Noodles Monte Carlo Vegetables Mandarin Oranges in Orange Gelatin</p>	<p>20</p> <p>BBQ Chicken AuGratin Potatoes Mixed Vegetables Fruit Cocktail Ice Cream Cup Whole Wheat Roll</p>	<p>21</p> <p>Cheese Pizza Tossed Salad with Red Wine Vinaigrette Mandarin Oranges</p>
<p>24</p> <p>Philly Cheesesteak Sandwich French Fries French Cut Green Beans Fruit Cocktail</p>	<p>25</p> <p>Whole Wheat Waffles with Syrup Sausage Patty Has Brown Patty Vanilla Geek Yogurt & Mandarin Orange Parfait</p>	<p>26</p> <p>Hot Dog on a Whole Wheat Roll Baked Beans Steamed Broccoli Florets Fruit Cocktail</p>	<p>27</p> <p>Roast Turkey with Gravy Stuffing Roasted Brussels Sprouts Cranberry Juice Whole Wheat Dinner Roll</p>	<p>28</p> <p>Baked Fish Sandwich on a Whole Wheat Roll French Fries Key West Vegetables Triple Berry Blend</p>
<p>31</p> <p>Ham & Cheese Sandwich on a Whole Wheat Roll Broccoli Cheddar Soup with Crackers Applesauce</p>				