

## MARCH FORSYTH SENIOR CENTER MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1.	2.	3.
6. CHICKEN&NOODLES HARVARD BEETS GREEN SALAD FRUIT	7. HAM&POTATOES CARROT RASIN SALAD BEETS,FRUIT	8. CHILI PIMENTO CHEESE SAND RELISH TRAY PEARS	9. FISH STICKS BAKED POTATOES CREAMED PEAS/CARROTS LEMON PUDDING	10. MEATBALLS&GRAVY MASHED POTATOES BROCCOLI,CORN,TOMATO SALAD FRUIT
13. WEINERS&KRAUT POTATOES TOSSED SALAD FRUIT	14. COOK'S CHOICE	15. TURKEY VEGTABLE SOUP BEEF SANDS FRUITED JELLO BARS	16. COD FISH MAC&CHEESE PEAS/CARROTS LEMON DESSERT	17. RUEBEN CASSEROLE GREEN BEANS FRUIT DESSERT
20 TATOR TOTS CASSEROLE VEGETABLE SALAD FRUIT	21. PULLED PORK SANDS VEGETABLE SALAD APPLE CRISP	22. TACO SOUP GRILLED CHEESE FRUIT SALAD TOSSED SALAD	23. BREAKFAST CASSEROLE GREEN SALAD FRESH FRUIT MUFFINS	24. CHICKEN STRIPS POTATO SALAD MIXED VEGGIES FRUIT CRISP
27. SHEPHERD'S PIE SPINACH SALAD CHERRY DUMP CAKE	28. CHICKEN ALA KING RICE MIXED VEGGIES FRUIT SALAD	29. TOMATO MAC SOUP HAM SANDS PINEAPPLE CAKE	30. COOK'S CHOICE	31. SALISBURY STEAK MASHED POTATOES MIXED VEGGIES FRUIT SALAD

PLEASE CALL BY 9:30 346-2878 ALL MEALS SUBJECT TO CHANGE-SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00  
- ALL MEALS SERVED WITH WATER ,COFFEE,TEA,JUICE,AND 2% MILK