

Milestones Adult Day Health Center

Lunch Menu for March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Macaroni Casserole Diced Beets Breadstick Spinach Salad Cookie Bar
4 Cream of Potato Soup 1/2 turkey Sandwich Coleslaw Tropical Fruit Whole Wheat Crackers Cookie	5 Pork Ribbette on Bun Mixed Fruit Baked Potato Italian Mixed Vegetables Cookie Bar	6 Breaded Chicken Breast Parsley Butter Potato Succotash Melon Whole Wheat Bread Ice Cream Cup	7 Cooks Choice	8 Whole Grain Fish Patty Sweet Potato Wedges Asparagus Cuts Tropical Fruit Salad Whole Wheat Bread Cookie
11 Cooks Choice	12 Beef Patty Tropical Fruit Salad Baked Potato Mixed Vegetables Whole Wheat Dinner Roll Ice Cream Cup	13 Swiss Steak Banana Baked Potato Asparagus Whole Wheat Bread Cookie	14 Goulash Squash Whole Wheat Dinner Roll Tropical Fruit Lemon Bar	15 Chicken A La King Biscuit Fruit Gelatin Salad Seasoned spinach Vanilla Pudding
18 Roast Turkey Mashed Potatoes Mixed Vegetables Cranberry Gelatin Salad Whole Wheat Dinner Roll Cookie	19 Favorite Vegetable Soup Cheese Sandwich Gelatin Fruited Salad Fruited Yogurt	20 Madrite on a Bun Potato Salad Mixed Vegetables Peaches Vanilla Pudding	21 Chicken Broccoli Casserole Seasoned Carrots Fruited Gelatin Whole Wheat Roll Fruited Yogurt	22 Ground Beef Gravy Mashed Potatoes Ambrosia Salad Calico Vegetable Salad Pears Whole Wheat Bread Cookie
25 Glazed Pork Chop Orange Gelatin Salad Broccoli Rice Au gratin Yogurt with Fruit Mixed Vegetables Whole Wheat Bread	26 Salisbury Steak/ Gravy Orange Gelatin Salad Mashed Potatoes Broccoli Whole Wheat Bread Cookie	27 Beef Macaroni Casserole Diced Beets Breadstick Spinach Salad Cookie Bar	28 Meatloaf Fruited Gelatin Baked Potato Brussel Sprouts Whole Grain Dinner Roll Tropical Fruit	29 Barbequed Riblet on a Bun Mixed Berries Potato Salad Green Beans Lemon Bar

Milestones does not discriminate on the basis of age, race, creed, religion, sexual orientation, national origin, or physical or mental challenges. This institution is an equal opportunity provider. All meals serve skim or 1% milk. Menus are subject to change.