

Everyone's Irish
On March 17th.

Salem Senior Center 50+ Dining March 2020






WE ARE **Meals On Wheels**
So no senior goes hungry™



MARION POLK FOOD SHARE
MEALS ON WHEELS



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week 1</u> March 2-6	Beet Salad Beef Stroganoff Brussel Sprouts Rosemary Bread Pudding	Asian Salad Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Mandarin Oranges Fortune Cookie	House Salad Cube Steak Mashed Potatoes Brussel Sprouts Dinner Roll Apple Berry Crisp	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Grapes	Carrot Raisin Salad Chili Con Carne Brown Rice Peas & Carrots Cornbread Jell-O
<u>Week 2</u> March 9-13	Broccoli Kale Salad Cheese Ravioli Italian Veg Rosemary Bread Pudding	Mexi-Slaw Chicken Enchilada Peas & Carrots Chips & Salsa Pears	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll, Fruit Fruit Cocktail	Confetti Salad Sloppy Joe's Tater Tots Peas & Carrots Hamburger Bun Brownies	Coleslaw Baked Fish or Chicken Tater Tots Broccoli Dinner Roll, Jell-O Jell-O
<u>Week 3</u> March 16-20	Mixed Salad Chicken Salad Carrots Cucumber Grape Tomatoes Dinner Roll, Pears Pears	Green Salad Corned Beef & Cabbage Baby Red Potatoes Carrots, Dinner Roll Lime Jell-O Lime Jell-O	Caesar Salad Spaghetti W/ Meat Sauce Broccoli Dinner Roll Angel Food Cake	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Jell-O	Coleslaw Grilled Salmon or Chicken Rice Pilaf Broccoli, Dinner Roll Birthday Cake Birthday Cake
<u>Week 4</u> March 23-27	Broccoli Kale Salad Cheese Ravioli Italian Veg Rosemary Bread Pudding	Carrot Raisin Salad Swedish Meatballs Egg Noodles Brussel Sprouts Rosemary Bread Mixed Fruit	House Salad Herb Roasted Chicken Red Potatoes Green Beans Dinner Roll, Pears Pears	House Salad Cube Steak Mashed Potatoes Brussel Sprouts Dinner Roll Apple Berry Crisp	Coleslaw Baked Fish or Chicken Tater Tots Chuck Wagon Corn Dinner Roll, Jell-O Jell-O
<u>Week 5</u> March 30-31	Confetti Salad Chicken Casserole Italian Veg Sourdough Bread Pears	Caesar Salad Penne w/ Meat Sauce Italian Veg Sourdough Bread Brownies			

Meals on Wheels Office 503-364-2856

Lunch program tickets will be available starting March 26th

