**Melrose – L&M Cafe – Senior Congregate Meal Site – March 2024**

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| ***Milk is served with every meal & is part of the daily required nutrition plan.*** | ***\*\*All Menus are subject to change.\*\**** |  |  | **Fri 1 HDM**Egg Salad SandwichSpinach SaladPotato SaladBanana |
| **Mon 4**Broasted ChickenCountry Blend VegMashed PotatoesGelatin w/Fruit | **Tue 5** Spaghetti w/Meat& Tomato SauceGarlic ToastWax Beans Pears | **Wed 6**BratBaked BeansAmerican FriesApplesauce | **Thu 7**FishAugratin PotatoesCarrots ColeslawMixed Fruit | **Fri 8 HDM Only**Roast PorkMashed PotatoesCarrotsApple |
| **Mon 11**Cream Chicken overBicsuit SaladBroccoliGelatin w/Fruit | **Tue 12** MeatballsMashed PotatoesSweet PotatoesPineapple | **Wed 13** Pork RibsAmerican FriesBaked BeansKraut Applesauce | **Thu 14**FishGarlic PotatoesBeetsMandarin Oranges | **Fri 15 HDM Only**Ham on BunPotato Rounds3 Bean Salad½ Grapefruit |
| **Mon 18**Broasted ChickenMashed PotatoesSummer Blend VegFruit | **Tue 19** LasagnaFrench BeansGarlic ToastFruit | **Wed 20** Cube Beef Steak Cooked CabbageMashed PotatoesFruit | **Thu 21** FishScalloped PotatoesColeslaw SquashFruit | **Fri 22 HDM Only**French ToastTomato JuiceBacon FruitScrambled Eggs |
| **Mon 25**Broasted ChickenMashed PotatoesBroccoliGelatin w/Bananas | **Tue 26** Salmon LoafCream PotatoesPeasPeaches | **Wed 27** AppleBeef Stew w/Onion,Potatoes, Rutabaga,Carrots, Celery, Peas over Biscuit | **Thu 28** FishGarlic Red PotatoesSquash Bean SaladMixed Fruit | **Fri 29 HDM Only****Holiday****No Senior Meals****ADRC Office Closed** |