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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***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 Sandwich  Spinach Salad Potato Salad  Banana |
| **Mon 4**  Broasted Chicken  Country Blend Veg  Mashed Potatoes  Gelatin w/Fruit | **Tue 5**  Spaghetti w/Meat  & Tomato Sauce  Garlic Toast  Wax Beans Pears | **Wed 6**  Brat  Baked Beans  American Fries  Applesauce | **Thu 7**  Fish  Augratin Potatoes  Carrots Coleslaw  Mixed Fruit | **Fri 8 HDM Only**  Roast Pork  Mashed Potatoes  Carrots  Apple |
| **Mon 11**  Cream Chicken over  Bicsuit Salad  Broccoli  Gelatin w/Fruit | **Tue 12**  Meatballs  Mashed Potatoes  Sweet Potatoes  Pineapple | **Wed 13**  Pork Ribs  American Fries  Baked Beans  Kraut Applesauce | **Thu 14**  Fish  Garlic Potatoes  Beets  Mandarin Oranges | **Fri 15 HDM Only**  Ham on Bun  Potato Rounds  3 Bean Salad  ½ Grapefruit |
| **Mon 18**  Broasted Chicken  Mashed Potatoes  Summer Blend Veg  Fruit | **Tue 19**  Lasagna  French Beans  Garlic Toast  Fruit | **Wed 20**  Cube Beef Steak  Cooked Cabbage  Mashed Potatoes  Fruit | **Thu 21**  Fish  Scalloped Potatoes  Coleslaw Squash  Fruit | **Fri 22 HDM Only**  French Toast  Tomato Juice  Bacon Fruit  Scrambled Eggs |
| **Mon 25**  Broasted Chicken  Mashed Potatoes  Broccoli  Gelatin w/Bananas | **Tue 26**  Salmon Loaf  Cream Potatoes  Peas  Peaches | **Wed 27** Apple  Beef Stew w/Onion,  Potatoes, Rutabaga,  Carrots, Celery, Peas over Biscuit | **Thu 28**  Fish  Garlic Red Potatoes  Squash Bean Salad  Mixed Fruit | **Fri 29 HDM Only**  **Holiday**  **No Senior Meals**  **ADRC Office Closed** |