




Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2 Tossed Green Salad Stuffed Peppers Brown Rice and Quinoa Carrots Seasonal Fresh Fruit
5 Mac & Cheese Harvard Beets Green Beans Pineapple	6 Tossed Green Salad Swedish Meatballs Egg Noodles Green Peas Pears	7 Spinach Salad Salmon Burger on Whole Wheat Bun Sweet Potato Puffs Seasonal Fresh Fruit	8	9 Roast Pork Stuffing with Gravy Sweet and Sour Red Cabbage Stewed Apples with Cranberries Cookie
12 Fiesta Salad Vegetable Quiche Muffin Peaches	13 Salisbury Steak Mashed Potatoes with Gravy Dilled Baby Carrots Tropical Fruit	14 Tossed Salad Teriyaki Chicken Steamed Rice Mixed Greens with Vinegar Mandarin Oranges	15	16 <i>St Patrick's Day</i> Corned Beef and Cabbage Red Potatoes Carrots Rye Bread Apple Duff 
19 Tomato bisque soup Egg salad sandwich Pickled beet and onion salad Applesauce	20 Tossed salad Spaghetti and meat sauce Brussels sprouts Garlic bread Pears 	21 Cucumber salad Baked Fish Baked Sweet Potato Green Peas Pudding	22	23 Pea and Cheese Salad Dijon Chicken Roasted Potatoes Zucchini and Tomatoes Seasonal Fresh Fruit
26 Tossed Salad Cheese Pizza with Vegetables Fruit Cocktail Cookie	27 Marinated Vegetable Salad Tuna Melt Sandwich Chips Applesauce	28 Tossed Green Salad Chicken Ala King in a Bread Bowl Beets Seasonal Fresh Fruit	29	30 Tossed Salad Baked Ham with Raisin Sauce Sweet Potato Casserole Fresh Roast Zucchini Easter Dessert 

1% milk, roll or bread, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice. Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$6.00 per meal.

Edmonds Senior Center Lunch
Mar 2018 Every Thursday
11:25 – 12:30PM

Cost: The cost to pay for a lunch on Thursday will be \$4.00

Age requirement: There will be no age requirement to have a lunch on Thursday, everyone pays \$4.00.

You don't need to be a member or be over age 60 to have the lunch.

Menu: We will be coming up with some new lunch entrees. If you have ideas, please let Alma know!

Mar 1 – Vegetable Soup, Half Chicken Salad Sandwich, Fruit, Brownie

Mar 8 – Cobb Salad “Chicken, Bacon, Egg, Blue Cheese, Tomato, Lettuce, Blue Cheese Dressing”, Roll, Fruit, Cookie

Mar 15 – Breakfast Burrito, Fruit, Orange Juice, Hash Brown Patty, Mini Cinnamon Roll

Mar 22 – Spinach Salad, French Dip, Fries, Fruit, Cookie

Mar 29 – Broccoli Salad, Mac & Cheese, Roll, Fruit, Ice Cream Bar

