

# Guadalupe Senior Center Menu March 2022

<p><b>**Please make reservations!</b></p> <p><b>Call 1-day ahead at 816-218-0972</b></p>	<p><b>1</b></p> <p>Chicken Parmesan Italian Vegetables Spinach Garlic Bread Margarine Vinegar Garlic Bread Graham Crackers Fruit Delight 1% Milk</p>	<p><b>2</b></p> <p>Cheese &amp; Onion Enchilada Casserole Mexican Pinto Beans Chuck wagon Corn Margarine Bananas &amp; Strawberries 1% Milk</p>	<p><b>3</b></p> <p>Braised Beef Tips Parsley Noodles Zucchini Stewed Tomato Wheat Dinner Roll Margarine Orange 1% Milk</p>	<p><b>4</b></p> <p>Lemon Baked Fish Scandinavian Blend Baked Potato Cheddar Cheese Wheat Dinner Roll Margarine Tartar Sauce Sour Cream FF Sliced Peaches 1% Milk</p>
<p><b>7</b></p> <p>Mexican Pork Chili Mexican Pinto Beans Chuck wagon Corn Salsa White Corn Tortillas Tropical Fruit 1% Milk</p>	<p><b>8</b></p> <p>WW Spaghetti &amp; Meatballs Italian Vegetables Tossed Salad w/ Red Cab &amp; Tomato Italian Dressing Parmesan Cheese Garlic Bread Margarine Fruit Delight 1% Milk</p>	<p><b>9</b></p> <p>Pork Stir Fry WG Brown Rice Oriental Vegetables Seasoned Cabbage Wheat Dinner Roll Margarine LS Soy Sauce Tropical Fruit 1% Milk</p>	<p><b>10</b></p> <p>Beef Stew w/ Vegetables Tossed Salad w/ Red Cab &amp; Tomato French Dressing Biscuit Margarine Strawberries &amp; Bananas 1% Milk</p>	<p><b>11</b></p> <p>Battered Pollock Fish Carrots Cabbage/ Kohlabi Coleslaw Wheat Dinner Roll Margarine Tartar Sauce Mandarin Oranges 1% Milk</p>
<p><b>14</b></p> <p>Lasagna w/Meat sauce Italian Vegetables Tossed Salad Italian Dressing WG Garlic Bread Margarine Fruit Delight 1% Milk</p>	<p><b>15</b></p> <p>Chili and Beans Shredded Cheese Diced Onion Corn Tossed Salad w/ Tomato and Red cabbage Ranch Dressing Margarine Whole Wheat Crackers Orange 1% Milk</p>	<p><b>16</b></p> <p>Spanish Chicken Mexican Rice Mexican Pinto Beans Carrots White Corn Tortillas Margarine Strawberries w/ Topping 1% Milk</p>	<p><b>17</b></p> <p>Corn Beef Cabbage Creamed Peas Corn Bread Margarine Fruit Delight 1% Milk</p> 	<p><b>18</b></p> <p>Tuna Noodle Casserole Shredded Cheddar Cheese Bread Crumbs Green Beans Cabbage Margarine Biscuit Cinnamon Applesauce 1% Milk</p>
<p><b>21</b></p> <p>Hamburger American Cheese Lettuce, Tomato, Onion, Pickles Potato Wedges WG Hamburger Bun Ketchup, Mustard Mayo Orange 1% Milk</p>	<p><b>22</b></p> <p>Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes Green Peas Wheat Bread Margarine Mandarin Oranges Graham Crackers 1% Milk</p>	<p><b>23</b></p> <p>Pot Roast W/ Onions, Potatoes &amp; Carrots Pickled Beets Wheat Dinner Roll Margarine Orange 1% Milk</p>	<p><b>24</b></p> <p>Meatball Grinder w/Shredded Mozzarella Italian Vegetables Tossed Salad Italian Dressing WW Hot Dog Bun Margarine Peaches 1% Milk</p>	<p><b>25</b></p> <p>Oven Fried Chicken Chicken Gravy Mashed Potatoes Green Beans Wheat Roll Margarine White Cake w/ Strawberries Vanilla Ice Cream 1% Milk</p>
<p><b>28</b></p> <p>Liver &amp; Onions Green Peas Au Gratin Potatoes Wheat Dinner Roll Margarine Tropical Fruit 1% Milk</p>	<p><b>29</b></p> <p>Roast Beef Au Jus Roasted Potatoes Spinach Wheat Dinner Roll Margarine Apple Sauce 1% Milk</p>	<p><b>30</b></p> <p>Chicken Parmesan Italian Vegetables Spinach Garlic Bread Margarine Vinegar Garlic Bread Graham Crackers Fruit Delight 1% Milk</p>	<p><b>31</b></p> <p>Cheese &amp; Onion Enchilada Casserole Mexican Pinto Beans Chuck wagon Corn Margarine Bananas &amp; Strawberries 1% Milk</p>	<p><b>**Please help us not waste food call in for Cancellations call 816-218-0972</b></p>