


March, 2012

Community Action Agency of Butte County, Inc.
Senior Nutrition Program  **Congregate Lunch Menu**
Serving Butte, Sutter & Yuba Counties

There is no obligation to contribute & a contribution is purely voluntary. You will be provided a meal whether you donate or not.

Suggested Meal Donation: \$2.50 for Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			03/01	03/02
			Herb Baked Chicken Zucchini*+ Beets*+ Brown Rice Pilaf Fresh Orange +	Roasted Pork Loin ♥ Sweet Potato Crunch* Key Largo Veggies*+ Whole Grain Roll Fruit Cocktail*+
03/05	03/06	03/07	03/08	03/09
Honey Dijon Chicken ♥ Dinner Blend Vegetable*+ Sautéed Cabbage+ Brown Rice Pilaf Fresh Tangerine +	Old Fashioned Meat Loaf Mashed Potatoes + w/ Gravy Calif. Blend Vegetables * Multi-Grain Roll Fresh Apple	Sweet & Sour Pork w/Onion, ☼ Bell Pepper & Pineapple Carrots* Steamed Brown Rice Banana*+	Swedish Turkey Meatballs Over Whole Wheat Noodles Swiss Chard* + Cranberry Juice + Peach Cobbler 1/2c fruit	Chicken Fried Steak Mashed Potatoes w/gravy Steamed Carrots* Citrus Salad+ W/G Bread
03/12	03/13	03/14	03/15	03/16 St. Patty's Day Party
Spaghetti w/Meat Sauce Broccoli*+ Hubbard Squash*+ Whole Grain Garlic Bread Fresh Grapes+	Pork Chili Verde w/Black Beans Spanish Brown Rice Green Salad w/Tomatoes Apricots* W/G Roll	Creole Baked Fish ☼♥ Over Brown Rice Cajun Veggies+ Butternut Squash*+ Pineapple Tidbits+	Baked Chicken Thigh Zucchini & Stewed Tomatoes+ Broccoli*+ Brown Rice Pilaf	Corned Beef & Cabbage+ New Potatoes & Carrots*+ Whole Grain Bread Fresh Granny Smith Apple
03/19	03/20	03/21	03/22	03/23
BBQ Chicken on a Bun Potato Salad + Sautéed Brussels Sprouts+ Whole Grain Bun Apricots Crisp*	Garden Chile ▼ Spinach* Green Beans+ Whole Grain Corn Muffins Fresh Banana+	Hot Rubeen Sandwich  w/Swiss Cheese on Rye Bread Sauerkraut+ German Potato Salad+ Fresh Pear*+	Chinese Pepper Steak ☼ with Veggies+ over Brown Rice Baby Carrots* Steamed Cabbage+ Fresh Apple*+	Roast Turkey w/gravy Red Potatoes+ Sautéed Spinach & Garlic*+ Whole Grain Roll Triple Berry Crisp+
03/26	03/27	03/28	03/29	03/30
Pork Chop Baked Sweet Potato* Green Beans+ W/G Roll Fresh Kiwi +	Chicken Teriyaki ☼ Fried Brown Rice Asian Vegetables*+ Spinach* w/ Lemon+ Fresh Mandarins+	Beef Tamale Pie  Spinach Salad* w/Red Onion+ Glazed Carrots * Whole Grain Corn Muffin Hot Spiced Apples	Oven Fried Chicken Capri Veggies*+ Butternut Squash * Whole Grain Roll Fresh Banana+	Fish Scandia ♥ Mixed Vegetables * Parsley Red Potatoes+ Multi-Grain Roll Tropical Fruit Cup+

+ = Vitamin C * = Vitamin A  = High Sodium ♥ = Heart Healthy ☼ = Ethnically Oriented Meal ▼ = Vegetarian 8 oz of 1% milk served with every meal

Senior Nutrition Program is partially funded by Area 3 Agency on Aging in Butte County and Area 4 Agency on Aging in Sutter & Yuba Counties