

# MENU MARCH 2019

## AMARGOSA SENIOR CENTER

443 Desert Senior Lane - Amargosa Valley, NV 89020

**Congregate DINNER Served: MON - THU 4:30 PM TO 5:30 PM**

**Congregate BREAKFAST Served: FRI 9:00 AM TO 10:00 AM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change 1% Milk, Tea &amp; Lemonade Served Daily</p> <p>Salad \$1.00                      When not on Menu</p>	<p><b>A \$3.00 Donation for Seniors Over 60 Years of Age is Suggested</b></p> <p><b>A \$6.00 Fee is Required for Non-Seniors</b></p>	<p><i>Call for more information 775-372-5413</i></p> <p>Menu ADSD approved</p>		<p><b>Mar 01</b></p> <p><b>**Breakfast**</b></p> <p>Scrambled Eggs w/gr peppers &amp; onions L/S Bacon Hash Brown Potatoes Banana Muffin Fruit OJ</p>
<p><b>Mar 04</b></p>	<p><b>#96                      Mar 05</b></p>	<p><b>#34                      Mar 06</b></p>	<p><b>Mar 07</b></p>	<p><b>COMMODITIES                      Mar 08</b></p>
<p>Herb Baked Chicken Roasted Potatoes Corn Muffin Green Beans Creamy Coleslaw Pears</p>	<p>Beef Tacos W/Thk/Chky Salsa Guacamole Broccoli &amp; Cauliflower Mexican Corn Saute Fresh fruit</p>	<p>Sloppy Joes on W/W Bun Baked Beans Baby Carrots Fruit Cocktail</p>	<p>Hot Turkey Sandwich w/gravy on w/w bread Mashed Potatoes Cauliflower w/cheese Pears &amp; Cottage Cheese</p>	<p><b>**Breakfast**</b></p> <p>Biscuits &amp; Sausage Gravy Scrambled Eggs Hash Brown Potatoes Fresh Fruit cup Orange juice</p>
<p><b>#3                      Mar 11</b></p>	<p><b>Mar 12</b></p>	<p><b>#13                      Mar 13</b></p>	<p><b>Mar 14</b></p>	<p><b>Mar 15</b></p>
<p>Baked Meatloaf Mashed Potatoes w/gravy Steamed spinach Chantilly Fruit Cup W/W Bread Cookie</p>	<p>Potato Crunch Fish Macaroni &amp; Cheese Green Peas White bread Fresh Fruit</p>	<p>Turkey Chili w/white beans Cornbread Green Beans Mixed Gr Salad Ambrosia</p>	<p>Corned Beef &amp; Cabbage Roasted Red Potatoes Baby Carrots Irish Soda Bread Cookie Mixed berries cup</p> 	<p><b>**Breakfast**</b></p> <p>Waffles w/Peaches &amp; Cream L/S Sausage Links Scrambled Eggs W/ Vegetables OJ</p>
<p><b>Mar 18</b></p>	<p><b>Mar 19</b></p>	<p><b>#66                      Mar 20</b></p>	<p><b>#96                      Mar 21</b></p>	<p><b>Mar 22</b></p>
<p>Breaded Pork Tenderloin Baked Potato Steamed Spinach Orange Slices W/W Dinner Roll</p>	<p>Beef Chili Corn Bread w/honey Peas &amp; Carrots Fruit Cocktail</p>	<p>Chicken Cacciatore Baked Acorn Squash Mixed Greens Creamy Italian Dressing Peanut Butter Cookie</p>	<p>Beef Tacos w/Guacamole Taco Chips w/Salsa Broccoli &amp; Cauliflower Mexican Corn Saute Fresh Fruit</p>	<p><b>**Breakfast**</b></p> <p>Biscuits &amp; Sausage Gravy Scrambled Eggs Hash Browns w/Grn onions Fruit Cup OJ</p>
<p><b>Mar 25</b></p>	<p><b>#23                      Mar 26</b></p>	<p><b>#102                      Mar 27</b></p>	<p><b>Mar 28</b></p>	<p><b>Mar 29</b></p>
<p>Pulled Pork BBQ Sandwich on w/w bun Potato Salad Applesauce Mixed greens salad</p>	<p>Beef Stir Fry Steamed Brown Rice Beet Salad Mandarin Oranges</p>	<p>Chicken &amp; Dumplings Green Peas Carrot &amp; Raisin Salad W/W LS Crackers Grapefruit Sections</p>	<p>Meat Lasagna Garlic Bread Garden Salad w/cranberries, grapes and walnuts Creamy Italian Dressing</p>	<p><b>**Breakfast**</b></p> <p>Breakfast Burrito w/potatoes scrmbled eggs &amp; grn chilis, Chunky Salsa Orange Slices</p>