

MENU - AMARGOSA SENIOR CENTER

443 Desert Senior Lane - Amargosa Valley, NV 89020


775-372-5413

ADSD Approved

MARCH 2018

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

Breakfast Served Fridays 9:00 AM to 10:00 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE 2% Milk, Tea & Lemonade Served Daily Salad \$1.00 When Not on Menu	A \$3.00 Donation for Seniors over 60 Years of Age is Suggested A \$6.00 Fee is Required for Non-Seniors Call for More Information		#34 Mar 01 Sloppy Joe on WW Bun Baked Beans Baby Carrots Green Salad Fruit Cocktail	Mar 02 **Breakfast** Biscuits & Gravy Scrambled Eggs LS Sausage Links Oatmeal Fresh Fruit In Season (2) Blueberry Yogurt
#23 Mar 05 Beef Stir Fry Steamed White Rice Beet Salad WW Bread Mandarin Oranges	#45 Mar 06 Mexicorn Pie Beef Vegetable Soup Mixed Green Salad Fresh Orange	Mar 07 Baked Pork Chops Yams Peas and Carrots Applesauce Cookie	Mar 08 Potato Crunch Fish Steamed Spinach Herbed Roasted Red Potatoes WW Roll Fresh Banana	Mar 09 **Breakfast** Egg & LS Sausage Bake Hash Browns Apricots Banana Oatmeal
#105 Mar 12 BBQ Pork Ribs Scalloped Potatoes Steamed Green Beans WW Bread Fresh Apple	#3 Mar 13 Baked Meatloaf Mashed Potatoes Steamed Spinach 100% WW Bread Chantilly Fruit Cup	Mar 14 Spaghetti with Sauce Mixed Veggies Garlic Toast Fruit Cocktail Three Bean Salad Birthday Cake	Mar 15 Corned Beef & Cabbage Baby Carrots Red Potatoes Irish Soda Bread Cookie Pears	Mar 16 **Breakfast** Biscuits & Gravy Scrambled Eggs w/onions&peppers LS Bacon Oatmeal Yogurt w/Fresh Fruit , OJ
#26 Mar 19 Lemon Baked Fish Parsley Buttered New Potatoes Zucchini Waldorf Salad Fresh Fruit In Season	Mar 20 Beef Enchiladas Spanish Rice Refried Beans Fruit Cocktail	#37 Mar 21 Chili Cheese Baked Potato Steamed Carrots WW Banana Muffin Blueberry Yogurt Fresh Orange	Mar 22 Hot Turkey Sandwich Mashed Potatoes Mixed Vegetables Green Salad Mixed Berries	Mar 23 **Breakfast** Scrambled Eggs, with Ham & Cheese Hash Brown Potatoes Mixed Fruit Oatmeal Orange Juice
#153 Mar 26 Cheeseburger Skillet Tossed Salad Balsamic Vinaigrette WW Dinner Roll Fruit Cocktail	Mar 27 Fish Tacos Refried Beans Mexicorn Saute Mandarin Oranges	#132 Mar 28 Tandouri Chicken Red Potato with Herbs Carrots Tossed Salad Red Wine Vinaigrette Dressing Apple Crisp	Mar 29 BBQ Pulled Pork w/WW Roll Oven Fried Potatoes Cole Slaw Tapioca Pudding Peaches	Mar 30 **Breakfast** Scrambled Eggs Biscuits & Gravy Sausage Links Oatmeal Mixed Berries Fresh Fruit, Orange Juice