












MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Chicken Parmesan Vegetable Pasta Salad Fruit</p>	<p>3 Pork Chop w/ Salsa Verde Rice Salad/Roll Fruit</p> 	<p>4 Cream of Broccoli Cheddar Soup Turkey Sandwich Crackers Salad/Roll Fruit</p>	<p>5 Blueberry Pancakes Potatoes Over-medium Eggs Salad Yogurt</p> 	<p>6 Salmon Quinoa Vegetable Salad/Roll Fruit</p> 
<p>9 Turkey Stuffed Bell Pepper Spinach Sweet Potato Salad/Roll Fruit</p> 	<p>10 Rudy's Homemade Bean & Cheese Burrito Vegetable Rice Salad/Roll/Fruit</p>	<p>11 Chicken Cordon Bleu Vegetables Brown Rice Salad/Roll Fruit</p> 	<p>12 Birthday Lunch Beef Tips w/ Gravy Vegetable Pasta Salad/Roll Dessert</p> 	<p>13 Crab Cake Vegetable Farro Salad/Roll Fruit</p>
<p>16 Chicken Salad in Pita Vegetable Butternut Squash Salad/Roll Fruit</p>	<p>17 St. Patrick's Day Corned Beef & Cabbage Carrots Potatoes Salad/Roll Fruit</p>	<p>18 Beef Pepper Steak Vegetable Farro Salad/Roll Fruit</p>	<p>19 BBQ Chicken Vegetable Sweet Potato Fries Salad/Roll Fruit</p>	<p>20 Fish Taco Vegetable Tortilla Salad/Roll Fruit</p> 
<p>23 Vegetable Lasagna Broccoli Three Bean Salad Garlic Bread Fruit</p> <p>TECH CONNECT</p>	<p>24 Honey Mustard Chicken Vegetable Baked Potato Salad/Roll Fruit</p>	<p>25 Beef Stew Vegetable Barley Salad/Corn Bread Fruit</p> 	<p>26 Turkey Burger Vegetable Baked Fries Salad/Roll Fruit</p>	<p>27 Fish Veracruz Vegetable Farro Salad/Roll Fruit</p>
<p>30 Chicken Pot Pie Cauliflower Salad/Roll Fruit</p>	<p>31 Baked Chicken Vegetable Baked Potato Salad/Roll Fruit</p> 	<p>DOORS OPEN AT 10:30AM Senior lunch is available for \$5.00 for anyone 50-years or older, and \$12.00 for anyone under 50-years who is accompanying a senior.</p> <p>TECH CONNECT On the fourth Monday of every month, our tech support group will be onsite during lunch to answer questions and provide help with your phones, laptops or tablets</p> <p>NEED HELP? Every Thursday one of our Referral and Support Advocates will be on-hand at lunch to provide info, resources and help for navigating various issues important to older adults</p>		