



▼ Voluntary Action Center		2016 MENU Senior Luncheon Program/Meals on Wheels Menu		Program/Meals on Wheels Menu
Monday	Tuesday	Wednesday	Thursday	Friday
Tell us what you think! Each day rate the menu: 1 (least favorite) to 5(most enjoyed). At the end of the month, return the menu to us via your	Turkey Tetrazzini Peas Diced Pears Fruit Juice Wheat Bread	Bourbon Chicken Breast Red Beans & Rice Zesty Green Beans Mandarin Oranges Wheat Roll	Meatloaf with Gravy Mashed Potatoes Baby Carrots Fruit Cocktail Wheat Bread	Scrambled Eggs & Cheese Hash Browns Broccoli Florets Banana Buttermilk Biscuit
Pork Chop with Mushroom Gravy Au Gratin Potatoes Brussels Sprouts Tropical Fruit Wheat Bread	Seasoned Chicken Quarter Whole Roasted Potatoes Normandy Blend Diced Peaches Bread	Gnocchi with Sausage and White Beans Spinach Pineapple Chunks Fruit Juice Bread Stick	Country Fried Steak/Gravy Mashed Potatoes Blacked Eyed Peas & Bacon Raisins Rice Pudding Wheat Bread	Tuna Salad on Wheat Bread Cream of Potato Soup Pickled Beets Fruit Cocktail
Hamburger on a Bun Potato Salad Lima Beans Rhubarb-Pear Gelatin Ketchup/Mustard	Roast Pork with Gravy Baked Sweet Potatoes Capri Blend Vegetables Cinnamon Apples Wheat Roll	BBQ Chicken Quarter Baked Beans Cauliflower Mandarin Oranges Wheat Bread	Corned Beef Parsley Red Potatoes Cabbage and Carrots Lime Gelatin Salad Shamrock Cookie Rye Bread	Stuffed Pollock Rice Pilaf Green Beans Romaine Salad/Dressing Peaches Wheat Bread
First day of SPRING 21 Lemon Pepper Chicken Mashed Potatoes Stewed Tomatoes Blushing Pears Blonde Brownie Wheat Roll	Cheeseburger Macaroni Mixed Vegetables Ambrosia Salad Fruit Juice Dinner Roll	Pork Roast with Gravy Mashed Potatoes Peas & Onions Pineapple Chunks Texas Sheet Cake Bread	Chicken with Tomato- Caper Sauce Fettuccini Noodles Broccoli Florets Fruit Cocktail Fruit Juice Wheat Bread	VAC is CLOSED Cappy Cood PRIDAY
Swedish Meatballs Rotini Noodles Zucchini & Tomatoes Applesauce Fruit Juice Wheat Roll	BBQ Chicken on a Bun Baked Beans Mixed Vegetables Sliced Peaches	Stuffed Pepper Soup Romaine Salad/Dressing Apricot Halves Fruit Juice Wheat Bread	Chili with Beans Corn with Red Peppers Tropical Fruit Home Made Cookie Cornbread	SAVOR THE FLAVOR OF EATING RIGHT