Grayling Senior Center
March
Meal Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **Lunch** Fried Chicken O'Brien Potatoes Prince Charles Vegetables Pears **Dinner** Shepherds Pie Cauliflower Fruit Cocktail	2 **Lunch** Stuffed Cabbage Cauliflower, Carrots Apricots **Dinner** Beef Stew Green Beans Fresh Fruit Salad	3 **Lunch** Macaroni & Cheese Mixed Vegetables Brussels Sprouts Mandarin Oranges **Dinner** Chicken Stir-Fry w/ Rice Asparagus Pineapple Chunks Blueberry Crisp	4 **Lunch** Turkey Breast Mashed Potatoes Green Beans, Peaches Brownies **Dinner** Applejack Pork Sweet Potatoes Broccoli Cuts, Applesauce	5 **Lunch** Meatloaf Whole Potatoes Green Beans Banana **No Dinner**	6
7 **Sunday Brunch** **9am – 12pm** Pancakes Scrambled Eggs Sausage Fruit Salad Cinnamon Applesauce Orange Juice & Milk	8 **Lunch** Beef Goulash Corn, Cauliflower Mixed Fruit **Dinner** Swiss Steak Boiled Potatoes Green Beans Plums	9 **Lunch** Baked Ham w/Apple Glaze Baked Beans, Cole Slaw Pineapple **Dinner** Meatloaf Cauliflower Beets Mandarin Oranges	10 **Lunch** BBQ Chicken Breast Stuffing, Sliced Carrots Mixed Vegetables Orange **Birthday Dinner** Turkey, Mashed Potatoes Corn, Cranberry Sauce Pears Cake & Ice Cream	11 **Lunch** Salisbury Steak Mashed Potatoes w/Gravy Wax Beans, Peaches Lemon Bars **Dinner** Lasagna Broccoli, Cauliflower Oranges & Grapefruit	12 **Lunch** Breaded Baked Cod Redskin Potatoes Broccoli Fresh Fruit Salad Frederic Satellite Meal **No Dinner**	13
14	15 **Lunch** Chicken Stir-Fry w/ Brown Rice Peas Plums **Dinner** Stuffed Florentine Shells Glazed Sweet Potatoes Asparagus Applesauce	16 **Lunch** Swedish Meatballs w/Noodles Carrots Green Beans Cinnamon Applesauce **Dinner** Baked Chicken Mashed Potatoes w/Gravy Brussels Sprouts, Pears	17 **Lunch** Smoked Sausage Sauerkraut, Corn Peaches **St. Patrick's Day Dinner** Corned Beef & Cabbage Boiled Potatoes, Carrots Apricots Pistachio Pudding	18 **Lunch** Pork Roast w/Stuffing Broccoli, Cauliflower Honey Nut Apples Apple Bosco Sticks **Dinner** Beef Stroganoff Mixed Vegetables Cauliflower Pineapple	19 **Lunch** Original Fried Chicken Baked Beans Coleslaw Orange Lovells Satellite Meal **No Dinner**	20
21 **Sunday Brunch** **9am – 12pm** Homemade French Toast Scramble Eggs Sausage Fresh Fruit Salad Orange Sections Orange Juice & Milk	22 **Lunch** BBQ Pork Sandwich Glazed Sweet Potatoes Asparagus Applesauce **Dinner** Swiss Steak w/ Gravy Baked Potato Prince Charles Vegetable Blend Pears	23 **Lunch** Shepherd's Pie Cauliflower Grapefruit Ice Cream Bar **Dinner** Liver & Onions Fried Cabbage w/Bacon Carrots Fruit Cocktail	24 **Lunch** Deluxe Hamburger on a Bun Lettuce & Tomato O'Brien Potatoes Apricots **Dinner** Roast Beef & Gravy Mashed Potatoes Broccoli, Apple Cheesecake	25 **Lunch** Lemon Pepper Chicken Over Noodles Winter Blend Vegetables Carrots, Pears **Easter Dinner** Baked Ham Glazed Sweet Potatoes Snap Peas, Pineapple Carrot Cake	26 **Lunch** Chicken Tenders Mashed Potatoes California Vegetable Blend Red Grapes **No Dinner**	27
28	29 **Lunch** Sloppy Joe O'Brien Potatoes Broccoli Mandarin Oranges **Dinner** Meatloaf Mashed Potatoes Cauliflower Orange Sections	30 **Lunch** Beef Tips w/Noodles Brussels Sprouts Carrots, Pears **Dinner** Original Fried Chicken Oven Roasted Potatoes Broccoli Grapefruit Sections	31 **Lunch** Chicken Fried Steak w/Gravy Mashed Potatoes Stewed Tomatoes Fresh Fruit Salad **Dinner** Beef Goulash Corn, Carrots Sliced Apples Pineapple Cake			