

March 2022

To access ingredient content, call Senior Resources at 419-898-6459
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent.
 Heat for 1.5 to 2 minutes, depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
 <p>It's time to Spring Ahead</p>	<p>1 Braised Boneless Beef/Gravy Mashed Potatoes w/Gravy Brussel Sprouts Applesauce Wheat Roll</p> 	<p>2 Ash Wednesday Cheese Ravioli w/Sauce Roasted Cauliflower Pea Salad Orange Wedges Garlic Toast</p>	<p>3 Italian Baked Chicken Red Bliss Potatoes Lima Beans Pineapple White Roll</p> 	<p>4 Lent Ham & Au Gratin Potatoes Alt: Baked Fish Broccoli Fresh Fruit Cup Wheat Roll</p> 
<p>7 BBQ Chicken Thigh Baked Beans Cole Slaw Peaches Wheat Roll</p>	<p>8 Smothered Pork Chop w/Gravy Mashed Sweet Potatoes Capri Blend Applesauce White Roll</p> 	<p>9 Roast Beef w/Gravy Mashed Potatoes/Gravy Carrots Fruited Gelatin Wheat Roll</p>	<p>10 Dutch Chicken Oven Roasted Potatoes California Blend Grapes White Roll</p>	<p>11 Lent Vegetable Lasagna Tossed Salad Mandarin Oranges Garlic Toast</p>
<p>14 Daylight Savings Time Baked Ham ALT: Baked Chicken Scalloped Potatoes Buttered Peas Apricots - Wheat Roll</p>	<p>15 Meatloaf Mashed Potatoes w/Gravy Carrots Pineapple Wheat Roll</p> 	<p>16 Braised Beef Tips in Gravy Over Egg Noodles Creamed Spinach Peaches—Ambrosia Wheat Bread</p>	<p>17 St Patty's Day Corned Beef Alt: Baked Chicken Red Potatoes Cabbage & Carrots Peaches - Rye Bread</p> 	<p>18 Lent Fish & Cheese Sandwich/Tartar Oven Browned Potatoes Creamy Cucumber Salad Pears</p>
<p>21 First Day of Spring Swiss Steak Potato Medley Capri Blend Veggies Pears White Roll</p> 	<p>22 Macaroni & Cheese with Ham Alt: No Ham Stewed Tomatoes Green Beans Fruited Gelatin -Wheat Bread</p>	<p>23 Herbed Pork Loin w/Gravy Mashed Potatoes/Gravy Broccoli Fruit Cocktail - Wheat Roll</p>	<p>24 Oven Fried Chicken Breast Mashed Potatoes w/Gravy Creamed Corn Pineapple Wheat Roll</p> 	<p>25 Lent Scrambled Eggs Sausage Links Alt for Sausage = Cottage Cheese French Toast Casserole Cinnamon Apples - Orange Wedges</p> <p>Danbury/HDM Bday Treat</p>
<p>28 Pot Roast w/Gravy Mashed Potatoes w/Gravy Baby Carrots Peaches White Roll</p> 	<p>29 Veal Parmesan over Spaghetti California Blend Tossed Salad Pears Wheat Bread</p>	<p>30 Sloppy Joe Sandwich Potato Wedges Three Bean Salad Tropical Fruit</p> <p>Genoa/Oak Harbor Bday Treat</p>	<p>31 Swedish Meatballs Over Egg Noodles Broccoli Mandarin Oranges Grapes Wheat Bread Elmore/Port Clinton Bday</p>	<p>Lent</p> 