### Monday
- **Chicken Stuffing Casserole** 2
- **Super Greens Salad** with Red Beans 2
- **Capi Vegetables** 2
- **Wheat Bread** with Margarine 2
- **Apple** 1% Milk 2
- **Chicken Fajita** with Salsa, Sour Cream, Cheddar Cheese and Tortilla 2
- **Short Ribs** with Sage Gravy 2
- **Roasted Potato Medley** 2
- **Seasoned Spinach** 2
- **Multigrain Roll** with Margarine 2
- **Mandarin Oranges** 1% Milk 2
- **Chicken Mango Salad** Broccoli Peanut Salad 2
- **Multigrain Roll with Margarine** 2
- **German Chocolate Cake** 1% Milk 2
- **Golden BBQ Pulled Pork Sandwich** on Hamburger Bun 2

### Tuesday
- **Beef and Sausage** with Red Beans 3
- **Brown Rice** 3
- **Roasted Red Potatoes** 3
- **Cilantro Lime Rice** 3
- **_applesauce with Wheat Crackers** 3
- **Apple** 1% Milk 3
- **Ginger Teryaki Pork Ribs** with Coconut Brown Rice 3
- **Sesame Broccoli** 3
- **guns with Wheat Crackers** 3
- **Romaine Lettuce** 3
- **Italian Sausage and Apple** 1% Milk 3
- **Brunswick Stew** 3
- **Warm Cinnamon Apples** 3
- **Chicken and Dumplings** with Wheat Crackers 3

### Wednesday
- **Clam Chowder** with Wheat Crackers 4
- **Egg Salad Sandwich** on Wheat Bread 4
- **Lettuce/Tomato Garnish** 4
- **Tuna Macaroni Salad** on a Bed of Shredded Lettuce 4
- **Rye Bread with Margarine** 4
- **French Bread** 4
- **Broccoli Parmesan Soup** with Wheat Crackers 4
- **Tuna Macaroni Salad** on a Bed of Shredded Lettuce 4
- **Rye Bread with Margarine** 4
- **Ginger Orange Chicken** with Coconut Brown Rice 4
- **Brown Rice** 4
- **Orange Spiced Carrots** 4
- **Wheat Bread with Margarine** 4
- **French Bread** 4
- **Olive Sliced Pickles** 4
- **Fruit Cocktail** 4
- **Germany Chocolate Cake** 4
- **Hamburger** 4
- **Smoked Gouda Cheese** 4

### Thursday
- **Chicken Divan** 5
- **Brown Rice** 5
- **Refrigerated Salad** 5
- **Orange** 1% Milk 5
- **Tropical Fruit** 5
- **Baked Beans** 5
- **Applesauce Jello** 5
- **Baked Beans** 5
- **Applesauce Jello** 5
- **Baked Fish with Roasted Red Pepper Sauce** 5
- **Israeli Couscous Rataouille (Mediterranean Vegetables) French Bread** 5
- **with Margarine** 5
- **Broccoli Peanut Salad with Salsa, Mustard, Lettuce, Tomato** 5
- **Corn and Tomato Salad** 5
- **with Wheat Crackers** 5
- **Bread** 5
- **Corned Beef** 5
- **Domestic Beef** 5
- **Steamed Corn** 5
- **Broccoli Parmesan Soup** 5
- **Turkey Shepherd's Pie** 5

### Friday
- **Back to the 60's!** 6
- **St. Patty's Day Celebration** 6
- **Old Fashioned Home Cookies!** 6
- **Chicken and Dumplings** with Wheat Crackers 6
- **Sloppy Joe** on Wheat Bun 6
- **Daylight Saving's Time, March 8th!!** 6
- **St. Patrick's Day, March 17th!!** 6
- **Happy St. Patrick's Day, March 17th!!** 6
- **First day of Spring, March 20th!!** 6

Menu items may change without notice due to availability of items from suppliers. The number listed (in brackets) indicates the mg sodium per menu item. Sodium is unlited if it is greater than 140mg. The number in (parenthesis) indicates the grams of carbohydrate per menu item. Carbohydrates are unlited unless they are greater than 10g.
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These are the values for 33.3% of the Recommended Daily Allowance (RDA) for 70+:

- Calories: 667+
- Fiber: 9.5 grams
- Protein: 33 grams
- Saturated Fat: less than 8 grams
- Carbohydrates: 92 grams
- Sodium: less than 1200 mg

*Based on a 2,000 Calorie Diet; Macronutrient distribution of calories based on:
- 20% protein (RDA 10-25%), 25% total fat (RDA 20-35%),
- 55% carbohydrates (RDA 45-65%)

For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Andrea Rockwood, RDN at 303-297-0408