




MARCH 2019	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
	Address: Conway Senior Center 705 E. Siebenmorgen Conway, AR 72032			1 Homemade Chili Fritos Apple Cabbage Salad Chilled Peaches Skim Milk
4 Oven Fried Chicken Ranch Mashed Potatoes Green Peas Bread Pineapples Skim Milk	5 Beef and Noodles Lima Beans Glazed Carrots Pudding Bread Skim Milk	6 Taco Salad Chuckwagon Corn Refried Beans Chopped Tomatoes & Lettuce Mandarin Oranges Skim Milk	7 Polish Sausage w/ Sautéed Onions & Peppers Pinto Beans Cornbread Brownie Skim Milk	8 Baked Pasta w/Meat Sauce Green Beans Tossed Salad Garlic Bread Baked Apples Skim Milk
11 Chicken Tenders w/Gravy Green Beans Mashed Potatoes Sherbet Bread Skim Milk	12 Salisbury Steak w/Onions Squash Casserole Peas & Carrots Peaches Bread Skim Milk	13 Potato Soup Turkey Sandwich Crackers Mixed Gfruit Skim Milk	14 Smothered Mushroom Chicken Mashed Potatoes Broccoli & Cheese Roll Chocolate Cake Skim Milk	15 Corn Beef & Cabbage Potatoes & Onions Cornbread Green Pudding w/Whipped Topping Skim Milk 
18 Shepherds Pie Peas & Carrots Corn Roll Peaches Skim Milk	19 Fajita Marinated Chicken/Flour Tortilla Sautéed Onion & Peppers Fiesta Rice Refried Beans Frosted Cake Skim Milk	20 BBQ Chicken Corn O'Brien Baked Beans Garlic Bread Banana Pudding Skim Milk	21 Oven Fried Pork Chop Macaroni & Cheese Broccoli Roll Strawberries Skim Milk	22 Meatballs w/Mushroom Gravy Mashed Potatoes Mixed Vegetables Roll Peach Cobbler Skim Milk
25 Smothered Pork Chops Carrots Cheesy Mashed Potatoes Cookie Bread Skim Milk	26 Breaded Chicken Patty w/Gravy Blackeyed Peas Tator Tots Pears Biscuit Skim Milk	27 Meatloaf Mashed Potatoes w/Gravy Vegie Blend Roll Lemon Pie Skim Milk	28 Great Northern Beans w/Ham Potatoes & Onions Turnip Greens Cornbread Apple Cobbler Skim Milk	BRUNCH Scrambled Eggs Sausage Fried Potatoes Biscuit & Gravy Orange Juice Skim Milk