

MARCH 2020	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2 BEEF PATTY W/COOKED ONIONS LIGHTLY SEASONED PASTA VEGETABLE BLEND MIXED FRUIT CUP ROLL SKIM MILK	3 BBQ CHICKEN CORN O'BRIEN BAKED BEANS GARLIC BREAD COOKIE SKIM MILK	4 HOMEMADE MEATLOAF MASHED POTATOES GREEN BEANS BREAD APPLE COBBLER SKIM MILK	5 GRILLED LIVER & ONIONS OR SALISBURY STEAK SEASONED PASTA GREEN PEAS BREAD---PEACHES SKIM MILK	6 SWISS STEAK GARDEN BLEND RICE STEAMED CABBAGE BLACK EYED PEAS PEARS---BREAD SKIM MILK	
9 POLISH SAUSAGE WITH PEPPERS & ONIONS PINTO BEANS FRUIT CUP BREAD SKIM MILK	10 BREADED BAKED PORK CHOP ROASTED NEW POTATOES VEGETABLE BLEND ROLL MANDARIN ORANGES SKIM MILK	11 ROAST TURKEY CORNBREAD DRESSING GREEN BEANS PINEAPPLES ROLL SKIM MILK	12 BEEF TIPS AND NOODLES CARROTS PEAS STRAWBERRIES & WHIPPED TOPPING BREAD SKIM MILK	13 FAJITA MARINATED CHICKEN FLOUR TORTILLA SAUTEED PEPPERS & ONIONS FIESTA RICE REFRIED BEANS FROSTED CAKE & SKIM MILK	
16 SPAGHETTI W/MEAT SAUCE ITALIAN VEGETABLE BLEND TOSSED SALAD FRUIT CUP GARLIC BREAD SKIM MILK	17 CORN BEEF CABBAGE CORN O'BRIEN LIME POKE CAKE ROLL SKIM MILK	18 CHICKEN & DUMPLINGS CARROTS APPLE CABBAGE SALAD BREAD PEACH COBBLER SKIM MILK	19 SMOTHERED PORK CHOP BUTTERED RICE W/PARSLEY BAKED LIMA BEANS STRAWBERRIES BREAD SKIM MILK	20 HEARTY BEEF STEW TOSSED SALAD W/DRESSING CRACKERS PEACHES W/WHIPPED TOPPING SKIM MILK	
23 CHICKEN TENDERS W/GRAVY BLACK EYED PEAS SQUASH CASSEROLE MANDARIN ORANGES & PINEAPPLE BREAD SKIM MILK	24 SALISBURY STEAK LIGHTLY SEASONED PASTA GREEN PEAS BANANA PUDDING ROLL SKIM MILK	25 VEGETABLE BEEF SOUP CRACKERS CHEF SALAD FRUIT CUP SKIM MILK	26 GREAT NORTHERN BEANS W/HAM OVEN FRIED POTATOES MIXED GREENS CORNBREAD LEMON PIE SKIM MILK	27 MEATBALLS W/MUSHROOM GRAVY MASHED POTATOES BUTTERED ZUCCHINI COOKIE BREAD SKIM MILK	
30 FRESH HAM STEAK BAKED POTATO VEGETABLE BLEND ROLL CHOCOLATE PUDDING SKIM MILK	31 SCRAMBLED EGGS SAUSAGE SEASONED DICED POTATOES BISCUITS & GRAVY FRESH ORANGES SKIM MILK				