

MARCH 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
			<p>1</p> <p>Beef Stroganoff Cabbage Pea Salad Lime Sprinkled Pears Bread Skim Milk</p>	<p>2</p> <p>Taco Salad Chips, Lettuce, Tomato Chuck Wagon Corn Mandarine Oranges Brownie Skim Milk</p>	
<p>5</p> <p>Spaghetti w/Meat Sauce Italian Vegetables Tossed Salad w/Dressing Jello Garlic Bread Skim Milk</p>	<p>6</p> <p>Pulled Pork Pinto Beans Mixed Vegetables Pineapple Banana Dessert Bread Skim Milk</p>	<p>7</p> <p>Chicken Pot Pie Cucumber Tomato Salad Applesauce Whipped Gelatin Roll Skim Milk</p>	<p>8</p> <p>Choice: Liver &amp; Onions Salsbury Steak Baked Potato Mixed Greens Fresh Fruit Roll Skim Milk</p>	<p>9</p> <p>Chicken &amp; Noodles Broccoli Carrot Salad w/Raisins Pineapple Roll Skim Milk</p>	
<p>12</p> <p>Baked Chicken Breast Rice Pilaf Broccoli Tossed Salad w/Dressing Cinnamon Apples Bread &amp; Skim Milk</p>	<p>13</p> <p>Smothered Pork Chop Parslied Pasta Candied Carrots Coleslaw Fruit Mix &amp; Roll Skim Milk</p>	<p>14</p> <p>Beef Stew Tossed Salad w/Dressing Cornbread Cheesecake with Strawberried Skim Milk</p>	<p>15</p> <p>Roast Turkey Mashed Potatoes Green Beans Peach Crisp Roll Skim Milk</p>	<p>16</p> <p>Fried Fish Coleslaw Tater Tots Onion Peaches Skim Milk</p>	
<p>19</p> <p>Chicken Spaghetti English Peas Tossed Salad w/Dressing Garlic Bread Cinnamon Applesauce Skim Milk</p>	<p>20</p> <p>Soft Beef Taco Lettuce &amp; Tomato Fiesta Corn Salad Pinto Beans Creamy Orange Cake</p>	<p>21</p> <p>Herbed Port Roast Garlic mahed Potatoes Brussel Sprouts Peaches Oatmeal Cake Skim Milk</p>	<p>22</p> <p>Cheeseburger Lettuce &amp; Tomato Sweet Potato Puffs Fruit Gelatin Skim Milk</p>	<p>23</p> <p>Beef Tips with Gravy Garlic Mashed Potatoes Green Beans Tossed Salad w/Dressing Roll Skim Milk</p>	
<p>26</p> <p>Roast Beef w/Gravy Carrots, Potatoes, Onions Fresh Fruit Pie Roll Skim Milk</p>	<p>27</p> <p>Herbed Bake Chicken Lima Beans California Blend Vegetables Pineapple Rings Graham Crackers Roll &amp; Skim Milk</p>	<p>28</p> <p>Sliced Ham Buttered Noodles Green Beans Carrot Salad w/Raisins Pineapple Upside Down Cake Skim Milk</p>	<p>29</p> <p>Sloppy Joe on Bun Coleslaw Carrots Cottage Chees Apple Cobbler Skim Milk</p>	<p><b>BRUNCH</b> Scrambled Eggs Sausage Hashbrowns Biscuit Banana &amp; Orange Juice Skim Milk</p>	
<p>Center Phone: 501-327-2895      Open Monday — Friday 8:00 AM — 4:00 PM      Transportation Available      Like us on Facebook!      On the Web: <a href="http://fc seniors.com">fc seniors.com</a></p>					