




Wessington Springs

March 2019

Senior Center



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|--|-----------|
| | | | | | 1 Chicken and Rice Casserole Green Beans 1/2 Fresh Orange | 2 |
| 3 Card Party at 2:00 pm with a pot-luck supper to follow at 4:45 pm Everyone Welcome | 4 Ham and Bean Soup Raw Veggies with low-fat dip Apple Rings | 5 Cheeseburger Crispy Tater Tots Leafy Green Salad Vanilla Pudding with Fresh Blueberries | 6 Lent - Ash Wednesday Baked Fish Baked Potato Wedge with sour cream/butter Buttered Peas Peaches | 7 Hot Beef Combo Mashed Potatoes Gravy Corn Jello w/ Strawberries | 8 Lent Tuna Casserole Hard Cooked Egg Glazed Carrots Pears | 9 |
| 10 | 11 Board Meeting 4:00 pm Lasagne Spinach Salad Mixed Veggies Pineapple Tidbits | 12 Senior Meeting at 12:15 followed by cards BBQ Ribs Oven Baked Potato California veggies Low fat yogurt | 13 Chicken Garden Veggie Pasta Salad Cooked Beets Lime Jello w/ Pears | 14 Baked Ham Sweet Potato Creamed Corn 1/2 Fresh Apple | 15 Lent Egg Salad on whole wheat bread with shredded lettuce Tomato Soup Peaches | 16 |
| 17  | 18 St. Patrick's Day Dinner and March birthdays Corned Beef & Cabbage Potato Fresh Fruit Salad Pistachio Pudding Birthday Cake/Ice Cream | 19 Chef Salad With turkey/ham cheese, raw mixed veggies, dressing 1/2 Orange | 20 Chicken Mashed Potatoes White Gravy Green Beans Cranberry Crunch Salad | 21 Pork Chop With Stuffing Steamed Broccoli Peaches | 22 Lent Breaded Shrimp Baked Potato w/ sour cream/butter Three Bean Salad Purple Plums | 23 |
| 24 | 25 Chicken Fried Steak Mashed Potatoes Gravy Buttered Corn Pears | 26 Taco Salad with Meat, Cheese, black beans, sour cream, tomato, chips Chocolate Pudding with 1/2 banana | 27 Chicken Baked Beans Creamy Coleslaw Apple Rings | 28 Hot Hamburger Com. Mashed Potatoes Beef Gravy California Vegetables Pineapple Tidbits | 29 Lent Tuna Salad on Croissant Vegetable Soup with mixed vegetables Applesauce | 30 |
| 31 | Whole Grain Bread, butter, 1 % low-fat milk, coffee, and water available at most meals. Meals served at 11:45 am each day or available for delivery or pick-up. Reservations 539-9331 | | | | | |

