



ST. CHARLES AREA AGENCY ON AGING • MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Your Contributions are Greatly Appreciated.</p> <p>Please Help Your Council on Aging Help Others.</p>	 <p>Daylight Savings Time Begins</p> <p>SET CLOCKS AHEAD MARCH 10</p>	<p>All Meals are Served With 1/2 Pint of 2% Milk.</p>	 <p>ST. PATRICK'S DAY, MARCH 17</p>	<p>Meatloaf w/Gravy Mashed Potatoes Southern Green Beans Whole Wheat Bread Pudding Cup</p>
<p>Meatball Hoagie w/Creole Sauce Lima Beans Capri Blend Vegetables Applesauce</p> <p>4</p>	<p><u>CLOSED FOR HOLIDAY</u></p>  <p>5</p>	<p><u>ASH WEDNESDAY SPECIAL</u> Seafood Salad Homemade Vegt Soup Broccoli Cuts Saltine Crackers LD Ban-Mrshmlw Pie</p> <p>6</p>	<p>Hamburger on a Bun Lettuce/Tomato/Pickle Mayonnaise/Mustard Potato Salad Fresh Fruit Chocolate Milk</p> <p>7</p>	<p>Shrimp Etouffee w/Rice Southern Green Beans Paradise Punch Whole Wheat Bread Pudding Cup</p> <p>8</p>
<p>Chicken & Sausage Jambalaya Buttered Cabbage Carrots White Dinner Roll LD Oatmeal Cookie Margarine</p> <p>11</p>	<p>Country Beef Vegetable Stew w/Brown Rice Chuckwagon Corn Whole Wheat Bread Fruit Punch Margarine</p> <p>12</p>	<p><u>BIRTHDAY SPECIAL</u> Chicken & Sausage Gumbo w/Rice Okra & Tomatoes Potato Salad Whole Wheat Crackers Bday Cake/Ice Cream</p> <p>13</p>	<p>A-1 Chopped Steak w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Variety Moon Pie</p> <p>14</p>	<p>Tuna Salad Sandwich on Whole Wheat Bread Potato Chowder Winter Blend Vegetables Peach Crisp</p> <p>15</p>
<p>Beef Chili w/Beans Steamed Spinach Chuckwagon Corn Saltine Crackers Fruit Cup Margarine</p> <p>18</p>	<p>Turkey & Cheese Sandwich on Whole Wheat Bread Lettuce / Tomato Mayonnaise / Mustard Beet & Mandarin Salad Fresh Banana</p> <p>19</p>	<p>Ham w/White Beans & Rice Carrots Coleslaw Cornbread Fruit & Grain Bar</p> <p>20</p>	<p>Spaghetti w/Meat Sauce Garden Salad w/Italian Italian Blend Vegetables White Dinner Roll Apple Cobbler</p> <p>21</p>	<p>Shrimp Gumbo w/Rice Broccoli & Cauliflower Potato Salad Saltine Crackers LD Oatmeal Cookie</p> <p>22</p>
<p>Sliced Roasted Turkey w/Gravy Smothered Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Margarine</p> <p>25</p>	<p>Hamburger w/Cheese on a Bun Lettuce/Tomato/Onion Baked Beans Peach Cup Chocolate Milk</p> <p>26</p>	<p>Ham & Blackeyed Peas w/Rice Coleslaw Steamed Spinach Cornbread Fresh Banana</p> <p>27</p>	<p>Smothered Chicken w/ Pepper & Onion Gvy Candied Sweet Potatoes Green Peas Garlic Bread Peach Cobbler</p> <p>28</p>	<p><u>SPECIAL BY NORCO</u> Shrimp & Butter Beans w/Brown Rice Broccoli Cuts Spin Romaine w/Ranch White Dinner Roll Citrus Gelatin Mold</p> <p>29</p>