


Elderly Nutrition Program in Yolo County
People Resources, Inc

March 2012

Suggested Contributions: \$3.00 Seniors \$3.50 Volunteers (< 60) \$7.00 GUEST FEE <i>(< 60 unless w/ senior spouse)</i>	Alternate Meal Crab Stuffed Pollock California Vegetables*+ ▶Oven Roasted Potatoes No Shellfish	 = High Sodium Meal	Thursday March 1	Friday March 2
	Monday March 5		Tuesday March 6	Wednesday March 7
Ginger Plum Chicken California Vegetables*+ ▶Couscous ▶Wheat Bread ▶Blushed Pears	▶▶ Crispy Baked Fish Coleslaw+ ▶Cottage Potatoes ▶Wheat Roll ▶ Fruit Juice+	▶▶▶ Hot Turkey Sandwich w/ Gravy ▶Sweet Peas ▶Whipped Sweet Potatoes* ▶Applesauce+	▶▶▶ Spaghetti & Meat Sauce Garden Salad ▶Garlic Bread ▶ Fruit Juice+	▶▶ Cornbread Pizza w/Cheese & Veggies Steamed Spinach ▶Wheat Bread ▶Tropical Fruit+
Monday March 12	Tuesday March 13	Wednesday March 14	Thursday March 15	Friday March 16
Herb & Garlic Chicken Stewed tomatoes Broccoli Bake+ ▶Wheat Bread ▶Fresh Fruit	▶▶▶ Cheese Burger w/ wheat bun, Lettuce, Pickles and condiments ▶O'Brian Potatoes+ ▶Cinnamon Apples	▶▶ Chicken Tortilla soup w/ Black Beans Green Salad* ▶▶Ambrosia+	▶▶▶ Glazed Ham ▶Capri Vegetables* ▶Yams w/ Orange Sauce* ▶Wheat Roll ▶Fruit Juice+	<i>St. Patrick's Day</i> ▶▶▶ Corned Beef & Cabbage ▶w/Carrots* & Potatoes ▶Rye Bread ▶Emerald Isle Dessert+
Monday March 19	Tuesday March 20	Wednesday March 21	Thursday March 22	Friday March 23
Swedish Meatballs Scandinavian Veggies* ▶Scalloped Potatoes+ ▶Wheat Bread ▶Peaches	<i>Brunch for Lunch</i> ▶▶▶ Pan Style Omelet Turkey Sausage Patty Zucchini ▶Bran Muffin ▶Citrus Cup+	▶▶▶ Brunswick Chicken Stew + ▶New Potatoes ▶Wheat Bread ▶Apricot Halves*	▶▶▶ Sweet & Sour Pork Fritter Asian Vegetable Blend+ ▶Stir Fry Brown Rice ▶Fresh Fruit ▶Fortune Cookies	▶▶▶ Greek Cheese Ravioli w/ Feta & Artichokes Garden Salad* ▶Wheat Roll ▶Fruit Juice+
Monday March 26	Tuesday March 27	Wednesday March 28	Thursday March 29	Friday March 30
Baked White Fish with tomatoes and peppers Mixed Vegetables ▶Quinoa ▶Wheat Roll ▶Fruit Juice+	▶▶▶ Southern Fried Steak w/ Country Gravy Green Beans ▶Mashed Potatoes+ ▶Biscuit ▶Mandarin Oranges+	<i>Happy Birthday</i> ▶▶▶ Chicken Marsala ▶Brown Rice Pilaf Chefs Veggie Blend* ▶Birthday Cake ▶Fruit Juice+	▶▶▶ Roast Beef w/ Au Jus ▶Baked Potato w/sour cream Brussel Sprouts+ ▶Wheat Bread ▶Fresh Fruit	▶▶▶ Italian Vegetable Soup* w/cannellini beans ▶½ turkey sandwich on rye bread ▶Gelatin w/ Fruit+

Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A ☒ =Higher Sodium Meal. Menu subject to change.

Congregate Dining Sites Reservations/Cancellations must be made by noon the day before by calling the site: Davis Senior Center 646 A Street 747-5870 ♦ West Sac Senior Center 664 Cummins Way (916) 373-5805 ♦ Winters Community Center 201 Railroad Avenue 795-4241 ♦ Woodland Senior Center 2001 East Street 668-0974 ♦ Knights Landing/Esparto 662-7035 ♦♦♦ Elderly Nutrition Program Main Office 662-7035 ♦ Partially funded by A4AAA