

# P5 MEALS **March 2020**

**ON the GO**

Congregate • Home Delivered • Frozen Meals



This service is funded in part by a contract from the Minnesota River Area Agency on Aging, Inc. © with funding from the Federal Older Americans Act through the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Brittney Stern, RD, LD Posted menu is regular diet & provides average of 700-800 calories. Diabetic, sodium and fat restricted menus available upon request. MENU SUBJECT TO CHANGE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b> <i>National Pound Cake Day!</i>	<b>5</b>	<b>6</b>
Tater Tot Hotdish Peas Mandarin Oranges Cookies	Roast Turkey Mashed Potato/Gravy California Blend Veg. Pumpkin Dessert	 Hamballs Baked Potato Carrots Pound Cake	Beef Tips in Gravy Mashed Potatoes Mixed Vegetables Bar	Lemon Pepper Fish Augratin Potatoes Green Beans Pudding Dessert
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> <i>National Plant a flower day!</i>	<b>13</b>
Pepper Steak Buttered Boiled Potato Broccoli Lemon Angel Food	Braised Pork Chop Augratin Potatoes Beets Scalloped Apples	Meatballs/Gravy Mashed Potatoes Cauliflower Fruited Short Cake	 BBQ Chicken Breast Oven Browned Potato Mixed Vegetables Slice of Pie	Baked Rigatoni or Fish (Choice) Peas & Carrots Pears & Cookie
<b>16</b>	<b>17</b> <i>Happy St. Patrick's Day!</i>	<b>18</b>	<b>19</b>	<b>20</b>
Swiss Steak Buttered Boiled Potato Carrots Ice Cream	 Chicken Breast Mashed Potato/Gravy California Blend Veg. Fruited Lime Jello	Lasagna Lettuce/Dressing Peaches Cookie	BBQ Rib Patty Baked Potato Winter Blend Veg. Fruit Crisp	Beef Stew w/Carrots & Potatoes or Fish (Choice) Cole Slaw Bar
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Country Fried Steak Mashed Potato/Gravy Squash Tropical Fruit	Potato Soup Ham Sandwich Macaroni Salad Fruit Cobbler	Tomato Hamburger Hotdish Corn Poke Cake	Meatloaf Baked Potato Broccoli Fruit Cocktail	California Burger or Fish (Choice) Oven browned Potato, Baked Beans & Birthday Cake 
<b>30</b>	<b>31</b> <i>National Crayon Day!</i>			