

# GUADALUPE SENIOR CENTERS MARCH 2023 MENU

<p><b>**Please help us not waste food call in for Cancellations call 816-218-0972</b></p>	<p><b>**Please make reservations! Call 1-day ahead at 816-218-0972</b></p>	<p><b>1</b></p> <p>Potato Broccoli Cheese Omelet Bake Cabbage Corn Biscuit Baked Apples Margarine 1% Milk</p>	<p><b>2</b></p> <p>Meatball Grinder w/Shredded Mozzarella Italian Vegetables Tossed Salad w/tomato Italian Dressing WW Hot Dog Bun Margarine Peaches 1% Milk</p>	<p><b>3</b></p> <p>Tuna Noodle Casserole Shredded Cheddar Bread Crumbs Green Beans Cabbage Biscuit Cinnamon Applesauce Margarine 1% Milk</p>
<p><b>6</b></p> <p>Chicken Mushroom Supreme w/ Egg Noodles Winter Blend Vegetables WG White Bread Margarine Mandarin Oranges 1% Milk</p>	<p><b>7</b></p> <p>Lasagna w/Meat Sauce Italian Vegetables Tossed Salad Italian Dressing WG Garlic Bread Margarine Fruit Delight 1% Milk</p>	<p><b>8</b></p> <p>Ham &amp; Beans Spinach Corn Bread Margarine Vinegar Packet Fruit Delight 1% Milk</p>	<p><b>9</b></p> <p>Chicken Pot Pie Brussel Sprouts Tossed Salad w/tomato White Dinner Roll Ranch Dressing Chocolate Brownie Margarine 1% Milk</p>	<p><b>10</b></p> <p>Breaded Cod Fish American Cheese Green Peas Creamy Cole Slaw WG Hamburger Bun Margarine Mandarin Oranges 1% Milk</p>
<p><b>13</b></p> <p>Hamburger American Cheese Lettuce, Tomato Pickle, Onion Potato Wedges WG Hamburger Bun Ketchup, Mustard, Mayo Orange 1% Milk</p>	<p><b>14</b></p> <p>Chicken Parmesan Italian Vegetables Spinach Garlic Bread Margarine Vinegar Garlic Bread Graham Crackers Fruit Delight 1% Milk</p>	<p><b>15</b></p> <p>Pork Stir Fry w/ Brown Rice Oriental Vegetables Seasoned Cabbage Wheat Dinner Roll Tropical Fruit Soy Sauce Margarine 1% Milk</p>	<p><b>16</b></p> <p>Beef Stew w/ Vegetables Tossed salad w/ Tomato &amp; Red Cab FF French Dressing WW Biscuit Margarine Strawberries &amp; Bananas 1% Milk</p>	<p><b>17</b></p> <p>Corn Beef Cabbage Creamed Peas Corn bread Margarine Fruit Delight 1% Milk</p> 
<p><b>20</b></p> <p>Swedish Meatballs Egg Noodles Carrots Broccoli Honey Wheat Bread Orange Margarine 1% Milk</p>	<p><b>21</b></p> <p>Spanish Chicken Mexican Rice Mexican Pinto Beans Carrots White Corn Tortillas Margarine Strawberries w/ Topping 1% Milk</p>	<p><b>22</b></p> <p>Pot Roast w/ Onions Potatoes &amp; Carrots Pickled Beets Wheat Dinner Roll Margarine Orange 1% Milk</p>	<p><b>23</b></p> <p>Chili &amp; Beans Shredded Cheese Diced Onions Corn Tossed Salad Tomato &amp; Red Cab Whole Wheat Crackers FF Ranch Dressing Orange 1% Milk</p>	<p><b>24</b></p> <p>Lemon Baked Fish Scandinavian Blend Vegetables Baked Potato Wheat Dinner Roll Margarine Tartar Sauce Sour Cream Sliced Peaches 1% Milk</p>
<p><b>27</b></p> <p>Beef Taco Salad Shredded Cheddar Shredded Lettuce Diced Tomatoes Mexican Pinto Beans White Corn Tortilla Chips Sour Cream Salsa Honey Dew Melon 1% Milk</p>	<p><b>28</b></p> <p>Sweet and Sour Chicken Broccoli Salad Carrots White Rice Corn Bread Pineapple Chunks Margarine 1% Milk</p>	<p><b>29</b></p> <p>Mexican Goulash Mexican Pinto Beans Carrots White Corn Tortillas Orange 1% Milk</p>	<p><b>30</b></p> <p>WW Spaghetti &amp; Meatballs Italian Vegetables Tossed Salad w/tomato Italian Dressing, Margarine Parmesan Cheese Garlic Bread Fruit Delight 1% Milk</p>	<p><b>31</b></p> <p>Oven Fried Chicken Chicken Gravy Mashed Potatoes Green Beans Wheat Roll Margarine White Cake w/ chocolate Frosting Vanilla Ice Cream 1% Milk</p>