MARCH
2026
Menu

Aging Ahead — Supporting the journey.

Milk is offered with each meal. Suggested donation is $8, the cost of an Aging Ahead meal is $12 for those under 60 years of age.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swedish Meatballs Parmesan Tomatoes Garlic Green Beans Blueberries Egg Noodles Garlic Bread	**3** White Chicken Chili Cheesy Cauliflower Mixed Berries Cornbread Crackers	**4** Pulled Pork Sandwich Yams Baked Beans Pineapple Chunks Wheat Bun	**5** Beef Stew Green Peas Peach Cobbler Wheat Roll Brownie	**6** Pollock(Fish) Sticks Tator Tots Spinach Waldorf Salad Wheat Roll Rice Krispy
9 Sausage Egg and Cheese Biscuit Hashbrown Patty Strawberries Fruit Juice Biscuit	**10** Chicken Salad Side Salad Pickled Beets Grapes Wheat Bun Cookie	**11** Carne Asada Tacos (Beef Fajita's) with Peppers & Onions Black Beans Fruit Cocktail Tortillas	**12** Honey Glazed Pork Loin Broccoli AuGratin Potatoes Watermelon Wheat Roll Graham Crackers	**13** Tuna Salad Pea Salad Cucumber Salad Blueberries Wheat Bun
16 Spinach Stuffed Chicken Breast Oven Roasted Potatoes Side Salad Diced Mango Wheat Bread Macaroni & Cheese	**17** Corned Beef and Cabbage Roasted Red Potatoes Fruit -n- Gelatin Wheat Roll Cookie	**18** Hot Turkey & Cheddar Sub. Broccoli and Chedddar Soup Key Largo Vegetables Roasted Carmel Apples	**19** Boneless Chicken Wings w/ BBQ Sauce Fries Appleasauce Creamed Corn Bread Pudding Teddy Grahams	**20** Cheese Manicotti Baked Parmesan Zucchini Tropical Fruit Cup Garlic Bread Cookie
23 Beef Enchiladas Roasted Corn Refried Beans Cherry Cobbler Tortilla Chips	**24** Baked Chicken Breast Glazed Carrots Green Beans Fruit Fluff Macaroni Salad Garlic Bread	**25** Roasted pork Loin w/ Peppers and Onions Yams Spinach Applesauce Wheat Roll Graham Crackers	**26** Sweet and Sour Meatballs Stir Fry Vegetables Orange Egg Noodles Nutrigrain Bars	**27** Fish Sandwich Tator Tots Broccoli Diced Peaches Wheat Bun
30 Meatloaf w/ Gravy Sauteed Cabbage Mashed Potatoes Cantaloupe Wheat Roll Fig Bar	**31** Crispy Chicken Sandwich Stewed Tomatoes Lima Beans Dreamsicle Dessert Wheat Bun		Ferguson Senior Center 314-867-5661	