

# March 2026

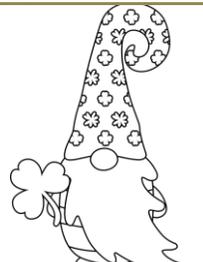


## Menu

Washington Senior Center  
1121 Columbus Lane 636-239-3374  
Located on lower level of KC Hall

Lunch Served:  
11:45 to 12:30

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 Ham & Beans, Peas, Cornbread, Figbar, and Tortoni	3 Meatball Sub, Green Beans, Tator Tots, and Fruit Fluff	4 Chicken Parmesan, Spaghetti, Brussels Sprouts, Carrots, Breadstick, and Apricots	5 Beef Stir Fry over Rice, Stirfry Vegetables, Sugar Snap Peas, Bread Pudding, and Spiced Fruit	6 Sausage, Egg, and Cheese on Biscuit, Hashbrown Patty, Juice, Cereal, and Banana
9 Carne Asada Tacos, Black Beans, Elote Corn, Fiesta Rice, Tortillas and Fruit Salad	10 Spinch Stuffed Chicken Breast, Seasoned Rice, Stewed Tomatoes, Carrots, Bread, and Grape Salad	11 Marinated Pork Chop, Baked Potato, Mixed Vegetables, Roll, Birthday Cake, and Tropical Fruit	12 Chicken Apple Crunch Chef Salad, Sun Chips, Cookie, and Pineapple	13 Beer Battered Cod, Coleslaw, Corn, Mac & Cheese, Peanutbutter Crackers, and Fresh Fruit
16 Pulled Pork on Wheat Bun, Tropical Slaw, Baked Beans, and Fruit Cocktail	17 Reuben Sandwich on Rye, Roasted Potatoes, Pickled Beets, and Tinted Pears	18 Boneless Wings w/Choice of Sauce, Waffle Fries, Veggie Sticks w/Hummus, Bread, Granola Bar, and Peach Crisp	19 Beef & Bean Enchiladas, Roasted Corn, Side Salad, Spanish Rice, and Strawberries	20 Cheese Manicotti w/Tomato Sauce, Roated Zucchini, Cauliflower, Oatmeal Cake, and Raisins
22 Hot Turkey and Cheese on Croissant, Roasted Chickpeas, Broccoli Salad, and Roasted Caramel Apples	24 Crab Cake, Mac & Cheese, Three Bean Salad, Seasoned Cabbage, Bread, and Berries	25 Sweedish Meatballs over Egg Noodles, Carrots, Peas, Roll, and Mandarin Oranges	26 Crispy Chicken on Wheat Bun, Parmesen Tomatoes, Lima Beans, and Fresh Fruit	27 Smoked Sausage w/Sauerkraut, Mashed Potatoes, Green Beans, Rolls, Cookie, and Fruit Cup
30 Baked Chicken Breast, Wild Rice, Glazed Carrots, Green Beans, Garlic Bread, and Cinnamon Applesauce	31 Meatloaf, Mashed Potatoes, Brussels Sprouts, Roll, Gold Fish Crackers , and Fruit Crisp	Coffee, Tea, and Lemonade available everyday with lunch. 		Any Friday during Lent when a meat entrée is served a non-meat or fish option will be available. Let us know when making reservations.