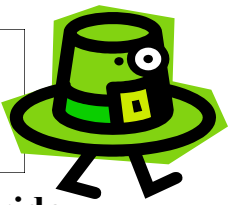


NORTHWEST AGING ASSOCIATION DINNER DATE MENU

March 2012



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| Northwest Aging Association sponsors Dinner Date | Milk = 1% or skim Bread = Whole Wheat Low Sodium Gravy No Salt added to vegetables |  | Baked Ham Baked Potato w/Sour Cream/Butter Asparagus Apricots/Rice Crispy Bar Bread/Butter/Milk | Salmon Loaf Macaroni Salad Steamed Carrots Mandarin Oranges w/ Bananas Whole Wheat Crackers/ Milk |
| Meatloaf Baked Potato w/Sour cream Green Beans Applesauce Rice Crispy Bar/Milk | Spaghetti w/Meat Sauce Seven Layer Salad Apricots Garlic Bread Peanut Butter Cookie Milk | Hot Beef Sandwich (Mashed Potatoes, Gravy, Bread) Stewed Tomatoes Strawberry Shortcake w/ topping/Milk | Chicken and Asparagus Tossed w/Penne Steamed Carrots Bran Muffin/Butter Applesauce Gelatin Salad Milk | Breaded Fish Sandwich/ Mayo Potato Wedges Mixed Vegetables Fruit Salad Milk |
| Pizza Casserole Cauliflower 'n Broccoli Salad Banana Apple Crisp Milk | Sweet 'n Sour Pork Brown Rice Steamed Beets Peach Slices Oatmeal Cookie Milk | BBQ Rib Baked Potato w/Sour Cream Steamed Broccoli Cornbread/Honey Hot Apple Slices Milk | Chopped Beef Steak Mashed Potatoes/Gravy Steamed Peas Cabbage and Apple Slaw Pistachio Pudding w/topping Milk | Breaded Baked Cod Baby Red Bakers Carrot Coin Salad Chocolate Pudding w/ topping Bread/Butter Milk |
| Swedish Meatball Spinach Parmesan Linguine Steamed Beets Tropical Fruit Bread/Butter/Milk | Roast Pork Baked Potato w/Sour cream Spoon Salad Cherry Crisp Bread/Butter | Sloppy Joe w/Bun Macaroni Salad Asparagus Pear Slices Milk | Swiss Steak Mashed Potatoes w/Gravy Steamed Corn Applesauce Bread/Butter Milk | Egg Bake Garlic Red Potatoes Mandarin Oranges w/ Banana Bran Muffin/ Butter Milk |
| Hot Turkey Sandwich (Mashed Potatoes, Gravy, Bread) Spiced Beets Cherry Jello-O w/ Strawberries Pumpkin Bar/Milk | Beef Stew Honey Bran Muffin Lettuce Salad Dressing Mandarin Oranges/Banana Ginger Snap Cookie/Milk | Baked Ham Baked Potato W/Sour Cream Tomato Slice Steamed Corn Fruit Salad Bread/Butter/Milk | Oven Fried Chicken Mashed Potatoes/Gravy Mixed Vegetables Tropical Fruit Oatmeal Cookie Bread/Butter/Milk | Potato Soup/Crackers Egg Salad Sandwich Peach Slices Molasses Cookie Milk |