



MARCH 2010 DAILY LUNCHEON MENU

A PROGRAM OF INDEPENDENCE PARKS & RECREATION & MID-AMERICA REGIONAL COUNCIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED CONTRIBUTION IS \$2 PER MEAL. PLEASE CALL 325-6200 TO MAKE OR CANCEL YOUR RESERVATION</p> <p>LUNCH IS SERVED AT 11:30 AM</p> <p>PLEASE MAKE OR CANCEL YOUR RESERVATION BY NOON THE SERVING DAY BEFORE</p> <p>YOU MAY RESERVE A MEAL UP TO THREE SERVING DAYS IN ADVANCE</p> <p>MAKE CHECKS OUT TO "MARC" *****</p> <p><u>PALMER INCLEMENT</u> <u>WEATHER LINE</u> <u>CALL - 325-7999</u></p>	<p>1</p> <p>Beef Stew, tossed salad, corn bread, Lorna Doone cookies</p>	<p>2</p> <p>Chicken Fried steak, cottage cheese, mixed vegetable, mashed potatoes w/ gravy, roll, diced peaches</p>	<p>3</p> <p>BBQ Rib patty, Au gratin potatoes, cole slaw, gelatin w/ pears & pineapple</p>	<p>4</p> <p>Lasagna w/ meat sauce, tossed salad, Capri mixed vegetables, Texas toast, diced peaches</p>	<p>5</p> <p>Sliced ham, yam patties, spinach, rye bread, tropical fruit</p>
	<p>8</p> <p>Diced pepper steak w/ noodles, pickled beets, mixed vegetables, wheat bread, mandarin oranges</p>	<p>9</p> <p>Cream chicken w/ rice, broccoli, glazed carrots, biscuit, pineapple tidbits</p>	<p>10</p> <p>Chili dog, O'Brien potatoes, steamed cauliflower, banana pudding w/ vanilla wafers</p>	<p>11</p> <p>Swedish meatballs w/ rice, zucchini & tomatoes, wax beans, wheat bread, strawberries & pineapple</p>	<p>12</p> <p>Grill marked chicken breast, green beans, Mexican corn, wheat bread, citrus salad</p>
	<p>15</p> <p>Tuna casserole, green peas, cole slaw, potato bread, fruit cocktail</p>	<p>16</p> <p>Spaghetti w/ meatballs, Italian mixed vegetables, tossed salad, roll, lemon pudding</p>	<p>17 St. Patrick's Day </p> <p>Corn beef, cabbage, new potatoes, carrots, rye bread, green gelatin w/ pears</p>	<p>18</p> <p>Turkey chili, tossed salad, corn bread, chocolate pudding</p>	<p>19</p> <p>Cheeseburger, baked beans, Mexican corn, citrus fruit</p>
	<p>22</p> <p>Scrambled eggs, link sausage, apple sauce, O'Brien potatoes, biscuit, orange juice</p>	<p>23</p> <p>Salisbury steak, mashed potatoes w/ gravy, marinated tomatoes, wheat bread, hot cinnamon apples</p>	<p>24</p> <p>Ham & Beans, spinach, corn bread, tropical fruit</p>	<p>25 Birthday Lunch!! </p> <p>Fried chicken breast, mashed potatoes w/ gravy, green bean casserole, roll, white cake w/ strawberries</p>	<p>26</p> <p>Taco salad w/ refried beans, pineapple tidbits</p>
	<p>29</p> <p>Breaded baked fish, broccoli rice casserole, Harvard beets, citrus salad</p>	<p>30</p> <p>Beef Stew, tossed salad, corn bread, Lorna Doone cookie</p>	<p>31</p> <p>Chicken Fried steak, cottage cheese, mixed vegetable, mashed potatoes w/ gravy, roll, diced peaches</p>		