

SACRAMENTO MOUNTAINS SENIOR SERVICES, INC.

SERVING CLOUDCROFT, HIGH ROLLS, & MOUNTAIN COMMUNITY CITIZENS AGED 60 +

CALL FOR RESERVATION BEFORE 8:30

March Menu

LUNCH SERVED 11:30 TO 12:15



www.mtnseniors.com

1% milk available with lunch

<p>MONDAY 2 Swedish Meatballs Egg Noodles Roasted Brussels Sprouts Braised Red Cabbage w/ red onions Wheat Roll \ Fresh Apple</p>	<p>TUESDAY 3 Sweet & Sour Pork Brown Rice Emperor Veggie Blend Mandarin Oranges Gelatin</p>	<p>WEDNESDAY 4 Beef Soft Taco Pinto Beans Zucchini and Yellow squash Light nonfat Cherry Yogurt Peanut Butter Cookie Banana</p>	<p>THURSDAY 5 Turkey & Swiss Wrap Three Bean Salad Cold Beets Fresh Fruit Salad</p>	<p>FRIDAY 6 Green Chili Salmon Enchiladas Spinach Chuckwagon Vegetables Fresh Pear</p>
<p>MONDAY 9 Polish Sausage Steamed Carrots Medium Baked Potato Sour Cream Wheat Roll Light nonfat Vanilla Yogurt Apricots</p>	<p>TUESDAY 10 Chicken Cordon Bleu Roasted Broccoli & Cauliflower Brown Rice Pilaf Strawberries and Bananas</p>	<p>WEDNESDAY 11 Baked Cod Tartar sauce Baked French Fries Vegetable Medley Wheat Roll Peaches</p>	<p>THURSDAY 12 Teriyaki Chicken Brown Rice Stir fry Vegetables w/ Sugar Snap Peas Fortune Cookie Fresh Orange</p>	<p>FRIDAY 13 Green Chili Beef Stew Spinach Salad 6in WW Tortilla Tropical Fruit Salad</p>
<p>MONDAY 16 Pork Red Tamale Red Chili Sauce & Spanish Rice Zucchini with Tomatoes 6 in Tortilla Mango chunks Light Vanilla nonfat Yogurt</p>	<p>TUESDAY 17 BBQ Chicken Stewed Tomatoes Three Bean salad Cornbread Watermelon</p>	<p>WEDNESDAY 18 Green Chili Cheeseburger Potato Salad Cucumber and Tomato Salad oatmeal cookie</p>	<p>THURSDAY 19 Pork Roast Pork Gravy Wild Rice California Veggies Apple slices and Plums</p>	<p>FRIDAY 20 Chicken Fajitas Pinto Beans Calabacitas Fresh Strawberries</p>
<p>MONDAY 23 Corned Beef & Cabbage Carrots Parsley Potatoes Wheat Roll Lime Sherbet Banana Low-fat Plain Yogurt</p>	<p>TUESDAY 24 Herb Roasted Chicken Thigh Herb Roasted Red Potatoes California Blend Vegetables Wheat Roll / Fruit Cocktail</p>	<p>WEDNESDAY 25 Tuna Salad Sandwich Tomato Soup Creamy Cucumber Salad Warm apple slices ROADRUNNER DAY</p>	<p>THURSDAY 26 Pepper Steak Steamed Brown Rice Green Beans Carrot/Raisin Salad Fresh Pear</p>	<p>FRIDAY 27 Baked Macaroni & Cheese Italian Blend Vegetables Plain lowfat Yogurt w/ Berries</p>
<p>MONDAY 30 Beef & Bean Burrito Zucchini and Diced Tomatoes Applesauce</p>	<p>TUESDAY 31 Classic Chicken Salad Chateau Blend Vegetables Carrot Raisin Salad Wheat Roll Tropical Fruit Salad</p>			