



| March 2020 | | Dardanelle Senior Center | | | Congregate Menu | |
|---|---|--|--|--|-----------------|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | | |
| 2 Chicken Enchilada Casserole Refried Beans Tortilla Chips Pineapple Tidbits | 3 Hamburger Steak Mashed Potatoes W/ Brown Gravy Sweet Corn Wheat Roll Yogurt Cup | 4 Pinto Beans W/ Ham Oven Fried Potatoes Turnip Greens Regular or Mexican Cornbread Chocolate Cake | 5 Cod Wedge or Ranch Chicken over Garden Rice Peas & Carrots Wheat Roll Tapioca Pudding | 6 Chicken Fried Steak Mashed Potatoes Country Gravy Green Beans W/ Onion Wheat Roll Pear Crisp | | |
| 9 Chicken & Dumplings Sweet Buttery Carrots Fluffy Biscuit Fruit Cocktail Cake | 10 Polish & Sauerkraut on a Bun Fried Potatoes Mixed Vegetables Diced Peaches | 11 Baked Ham Sweet Potato Casserole Black Eyed Peas Cornbread Spice Cake | 12 Hearty Beef Stew Green Peas Crackers Buttery Sugar cookie | 13 Hamburger Lettuce/Tomato/Pickle Potato Salad Creamy Coleslaw Tropical Fruit Salad | | |
| 16 Chicken Fried Chicken Mashed Potatoes Country Gravy Chuck Wagon Corn Wheat Roll Banana Pudding | 17 Spaghetti W/ Meat Sauce Italian Green Beans Garlic Cheese Biscuits Pineapple Fluff | 18 Chicken Pot Pie Glazed Baby Carrots Buttery Biscuit Lemon Cake | 19 Glazed Pork Chops Mashed Potatoes Pork Gravy Steamed Broccoli Wheat Roll Jell-O With Fruit | 20 Chili Mack Side Salad Wheat Roll Ice Cream Sunday | | |
| 23 Chicken Livers or Salisbury Steak Mashed Potatoes/ Gravy Antigua Vegetables Wheat Roll Spiced Apple Sauce | 24 BBQ Rib Patty or Chicken Tenders Macaroni & Cheese Okra & Tomatoes Wheat Roll Peach Cobbler | 25 Great Northern Beans W/ Ham Baby Baker Potatoes Seasoned Spinach Regular or Mexican Cornbread Pudding Cup | 26 Home Made Meatloaf Mashed Potatoes Brown Gravy Garden Blend Vegetables Wheat Roll Tropical Fruit | 27 Sausage or Bacon Scrambled Eggs Hash Brown Patty Biscuit & Gravy Apple Juice | | |
| 30 Taco Salad Refried Beans Spanish Rice Tortilla Chips Sopapilla Cheesecake | 31 Tender Pork Roast Mashed Potatoes Pork Gravy Green Beans W/ Onion Wheat Roll Citrus cup |  |  | Chef Salads are Available Daily. You're Choice of Ham, Chicken or Turkey. Please Call or Sign Up for a Salad Before 11am. (479) 229-4129 | | |