

March 2020		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			CONGREGATE MENU	
Monday	Tuesday	Wednesday	Thursday	Friday		
2 Polish Sausage w/Sauerkraut or Ranch Chicken Baby Baker Potatoes Steamed Broccoli Wheat Roll Yogurt Cup	3 Chicken Fried Steak Mashed Potatoes Country Gravy Green Beans w/Onion Wheat Roll Tapioca Pudding	4 Taco Salad Refried Beans Tortilla Chips Sour Cream Guacamole Tropical Fruit	5 Great Northern Beans w/Ham Cabbage & Carrots Pickled Beets Regular or Mexican Cornbread Possum Pie	6 Hamburger Steak w/ Onions, Peppers, & Mushrooms Mashed Potatoes Brown Gravy / Wheat Roll California Vegetables Ice Cream Sandwich		
9 Sweet & Sour Chicken over White Rice Oriental Vegetables w/Water Chestnuts Egg Roll Mandarin Oranges	10 Parmesan Chicken over Garlic Herbed Pasta Italian Green Beans Garlic Cheese Biscuits Apple Cobbler	11 Homemade Meatloaf Mashed Potatoes Brown Gravy Peas & Carrots Wheat Roll Cookie Sandwich	12 Open Faced Turkey on Texas Toast Mashed Potatoes Turkey Gravy Tuscan Vegetables Pineapple Cake	13 Chicken Liver or Chicken Tenders / Wheat Roll Mashed Potatoes Country Gravy Roasted Cauliflower Medley Coconut Cream Pie		
16 Parmesan Crusted Cod or Breaded Chicken Breast over Garden Rice Antigua Vegetables Wheat Roll Angel Food w/ Peaches & Cream	17 Chicken & Dumplings Buttery Carrots Green Peas Fluffy Biscuit Pudding Parfait	18 Cheeseburger Lettuce, Tomato, Pickle Potato Salad Baked Beans Chocolate or Vanilla Ice Cream Cup	19 Chicken Fried Chicken Mashed Potatoes Country Gravy Sweet Corn White Roll Blueberry Cake	20 Reuben on Rye or Tuna on White Single Serve Ruffles Creamy Coleslaw Tomato Soup Applesauce & Snickerdoodle Cookie		
23 Oven Fried Chicken Mashed Potatoes Country Gravy Breaded Okra Wheat Roll Pineapple Tidbits w/Cottage Cheese	24 Chicken Fried Steak Mashed Potatoes Country Gravy Purple Hull Peas Cornbread Chocolate Chip Brownies	25 Chicken Bacon Ranch Stuffed Baked Potato Side Salad Garlic Breadsticks Bread Pudding	26 Homemade Meatloaf Mashed Potatoes Brown Gravy Green Beans w/Onion Wheat Roll Strawberries & Bananas	27 Spaghetti & Meat Sauce Side Salad Garlic Toast Brown Sugar Apples		
30 Cod Wedges or Salisbury Steak w/Brown Gravy Red Stewed Potatoes Brussels Sprouts Wheat Roll Chocolate Tarts	31 Pinto Beans w/Ham Oven Fried Potatoes Turnip Greens Regular or Mexican Cornbread Orange Sherbet			Your choice of turkey, chicken or ham chef salad is available daily. Call before 11 a.m. to order yours. Thanks 968-5039		