



March 2023		Pope County Senior Wellness & Activity Center			Congregate
	Tuesday	Wednesday	Thursday	Friday	
		1 Fried Catfish OR Chicken Tenders JoJo Potatoes Hush Puppies Coleslaw Cinnamon Roll Cake	2 Chicken Bacon Ranch Stuffed Potato Sauteed Broccoli Cheese Stick Lemon Blueberry Cake	3 Baked Ham Sweet Potato Casserole Blackeye Peas Cornbread Peach Cobbler	
6 Cheeseburger Lettuce, Tomato, Pickle, Onion Tater Babies Baked Beans Ice Cream Cup	7 French Onion Pork Loin Mashed Potatoes & gravy Brown Sugar Carrots Garlic Cheese Biscuits Coconut Pie	8 Chicken Taco Soup Beef & Bean Burrito Side Salad Sopapilla Cake	9 Salmon Croquette OR Chicken Tenders 1/2 Baked Potato 4 Way Vegetables Wheat Roll Yogurt	10 Chicken Salad OR Tuna Salad Sandwich Lettuce, Tomato Chips Apple Crisp	
13 Chicken Fried Steak Creamy Mashed Potatoes Peas & Carrots Wheat Roll Tropical Fruit	14 Sweet & Sour Chicken over White Rice Mandarin Vegetables Egg Roll Mandarin Orange Cake	15 Pinto Beans Fried Potatoes Cabbage Cornbread Brownie	16 BBQ Ribs Potato Salad Baked Beans Texas Toast Strawberry Shortcake	17 Corned Beef & Cabbage Oven Fried Potatoes Squash Casserole Cornbread Key Lime Pie	
20 Chicken Cordon Bleu Herb Noodles Sauteed Broccoli Wheat Roll Tropical Fruit	21 Chicken Spaghetti Italian Green Beans Garlic Roll Strawberry Poke Cake	22 Taco Salad Lettuce, Tomato Guacamole Cheese Dip Tortilla Chips Ice Cream Sandwich	23 Meatloaf Scalloped Potatoes Green Bean Casserole Wheat Roll Cherry Pie	24 Sausage & Bacon Egg Bake Potato Rounds Biscuits & Gravy Assorted Juices	
27 Hamburger Steak, Peppers, Onions & Mushrooms Mashed Potatoes, gravy Roasted Brussels Wheat Roll Tinted Pears	28 Beef Tips over Rice Sweet Corn Garlic Cheese Biscuits Coconut Cake	29 BBQ Pork on a Bun JoJo Potatoes Coleslaw Whoopie Cookies	30 Chicken Livers OR Chicken Tenders Mashed Potatoes & Gravy Okra & Tomatoes Wheat Roll Possum Pie	31 Pepper Steak Garden Rice Roasted Cauliflower Wheat Roll Applesauce Cake	