




March 2024 CONGREGATE MENU—POPE COUNTY SENIOR ACTIVITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
			Chef salads are available daily with the choice of chicken, ham, or turkey. Call to get your name on the list before 11:00AM. 479-968-5039	1 Fried fish or chicken tender Jojo potatoes Cole slaw Hushpuppies Lemon/Blueberry cake
4 Smoked sausage & sauerkraut Homemade mac & cheese Wheat roll Pineapples	5 Swamp soup Fried potatoes Cornbread Lemon meringue pie	6 Chili with cheese Fritos Broccoli with cheese & onion Mixed Berries	7 Chicken Bacon Ranch Stuffed Potato Roasted Brussel Sprouts Breadstick Apple pie	8 Cheeseburger with lettuce, tomato & pickle Jojo potatoes Baked beans Cherry crisp
11 Chicken Fried Steak Mashed potatoes & gravy Okra & tomatoes Wheat roll Tropical fruit	12 Sweet & sour chicken over white rice Mandarin vegetables Egg roll Ambrosia	13 Taco Salad Lettuce & tomato Cheese Dip Chips Banana Cake	14 Baked Fish over Garden Rice Roasted Broccoli Wheat roll Peanut butter bars	15 Reuben on rye or ham & cheese slider Pasta salad Chips Key Lime Pie
18 Bacon, sausage & egg bake Hashbrown patty Biscuit & gravy Orange juice	19 Chicken patty on a bun ½ baked potato Coleslaw Italian creme cake	20 Smothered pork chops Scalloped potatoes Bermuda blend vegetables Wheat roll Brownie	21 BBQ Ribs Potato Salad Baked Beans Texas toast Strawberry shortcake	22 Tomato soup Turkey & cheese sandwich Pea salad Pecan pie
25 Chicken tenders Red skin potatoes Garden Vegetables Wheat roll Peaches & cream	26 Hamburger steak Mashed potatoes & gravy Crack green beans Wheat roll Chocolate cake	27 Chicken salad or tuna salad sandwich with lettuce & tomato Black bean & corn salad Lemon tart	28 Meatloaf Mashed potatoes Green beans with onions Wheat roll Cherry pie	29 Baked ham Sweet potato casserole Black-eyed peas Cornbread Coconut cake