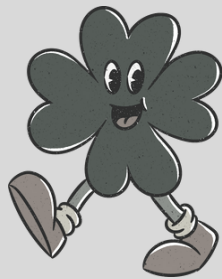


# Lunch Menu

## MARCH 2023

### TUESDAY

### THURSDAY



**2**

Sloppy Joes on Bun  
Carrots  
Cauliflower  
Fresh Orange  
Cookie

**7**

Stuffed Pepper w/sauce  
Zucchini  
Chuckwagon Corn  
Dinner Roll  
Pears  
Grape Juice



**9**

Pulled Chicken  
Boiled Potatoes  
Lima Beans  
12 - grain bread  
Sherbert

**14**

Chicken Breast Sandwich  
Lettuce & Tomato Slice  
Broccoli Pasta Salad  
Mixed Veggies  
Fresh Orange

**St. Patyrick's Lunch 16**

Pork Riblet  
Mashed Sweet Potatoes  
Brussel Sprouts  
Corn Muffin  
Fresh Apple

**21**

Swedish Meatballs served over Rice  
Succotash  
Dinner Roll  
Tropical Fruit

**23**

Mild Chili  
Boiled Potatoes  
Tossed Salad w/ Ranch Dressing  
Saltines  
Dinner Roll  
Apricots

**28**

Chicken Dijon  
Baked Potao w/ Sour Cream  
Peas & Carrots  
Whole Wheat Bread  
Fresh Apple

**30**

Breaded Chicken Patty served over Tossed Salad w/ Ranch Dressing  
Chicken Gumbo  
Saltines  
Pears

Gates Recreation & Parks is providing lunches for the members of our community that are 60 years of age or older.

**Lunch is served at 11:30 AM.**

All meals served with milk - soup served with crackers. Lunch must be preordered 10 days ahead of time by calling 429-8289 or by signing up in the Annex or Recreation & Parks office. If you are not pre-registered, lunch will be available on a first come, first serve basis. The suggested donation for lunch is \$3.50.

*Certified by  
Jackie Williams, RD  
- 1/23/2023*



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