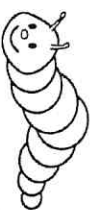
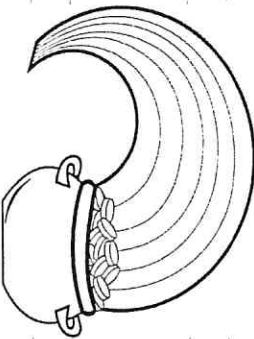




Elder Care Killdeer-Dunn Center Area Menu March 2019

The suggested voluntary donation for participants over 60 is \$4.00/meal. Any additional donations are welcome.



Monday	Tuesday	Wednesday	Thursday	Friday
Meal Provides: Minimum of 2oz. Protein 3 Half Cups of Fruits/Veg 2 Serving Bread 1 Serving of Milk		Brenda: 260-0667 Changes in menu may be made due to availability of foods. For meal reservations call at least one day in advance.	Elder Care is responsible only for food and beverages that it provides.	Salmon Loaf Boiled Potato Creamed Peas Multigrain Bread/Roll Pineapple Tid-Bits
4	5	6	7	8
11 Chicken Fried Steak w/Gravy Whipped Potato w/Gravy Stewed Tomato Multigrain Bread/Roll Apricot Halves	12 Hamburger on a Bun Beef Vegetable Soup w/Soda Crackers Romaine Salad w/Dressing Fruit Cocktail	13 Turkey Tetrizzini Carrot Crinkles Tomato Slice Multigrain Bread/Roll Pears in Gelatin	14 Baked Fish Parslied Potato Garden Mixed Vegetables Multigrain Bread/Roll Peach Slices Cookie	15 Baked Fish Baked Sweet Potato Green Peas Multigrain Bread/Roll Cinnamon Applesauce
18 Chicken Wheat Wrap Creamed Peas Grated Carrots in Gelatin Fresh Fruit Cup	19 Seasoned Pork Chop Escalloped Potato Mixed Vegetable Multigrain Bread/Roll Chunky Fruit	20 Baked Fish Baked Squash Multigrain Bread/Roll Stewed Apple Fruit Cocktail in Gelatin	21 Baked Fish Baked Sweet Potato Green Peas Multigrain Bread/Roll Cinnamon Applesauce	22 Baked Fish Baked Sweet Potato Green Peas Multigrain Bread/Roll Cinnamon Applesauce
25 Egg Salad on a Croissant Tomato Soup w/Soda Crackers Romaine Salad w/Dressing Pineapple Tid-Bits	26 Oven Fried Chicken Whipped Potato w/Gravy Mixed Vegetable Multigrain Bread/Roll Pineapple in Gelatin Tapioca Pudding	27 Baked Fish Baked Sweet Potato Green Peas Multigrain Bread/Roll Cinnamon Applesauce	28 Baked Fish Baked Sweet Potato Green Peas Multigrain Bread/Roll Cinnamon Applesauce	29 Baked Fish Baked Sweet Potato Green Peas Multigrain Bread/Roll Cinnamon Applesauce
