



For SENIORS "60" PLUS
Lunch Served at Noon
Mon-Tue-Thur-Fri.

Susanville Nutrition
1700 Sunkist Drive
March 2018

Make Reservations
1 day in advance
Phone 257-2113

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Steak Teriaki Brown Rice Green Salad Fruit Cocktail 1% Milk	2 Lasagna Steamed Spinach Tossed Green Salad Mixed Berries/Ice Cream Dinner Roll 1% Milk
5 Roast Chicken Brown Rice Marinated Vegetables Sliced Peaches Roll 1% Milk	6 Pork Chop/Mushrooms / Brussel Sprouts Sweet Potato Applesauce WW Roll 1%Milk	7 DINING CLOSED	8 Enchiladas Spanish Rice Black Beans Tossed Green Salad Citrus Cup 1% Milk	9 Turkey Tetrazzini Mixd Vegetables Mandarin Oranges Tapioca WW Bread 1% Milk
12 Chili Con Carne Steamed Spinach Pears Corn Bread 1% Milk	13 Chicken Dijon Scalloped Potatoes Steamed Broccoli Strawberry Yoghurt Oatmeal Muffin 1% Milk	14 DINING CLOSED	15 French Dip Sandwich Carrot Coins Mashed Potatoes Apple Juice Fruit Cocktail 1% Milk	16 Corned Beef Cabbage, Carrots, Potatoes Tossed Salad Red/Green Grapes Roll 1% Milk 
19 Fish Patty Rice Steamed Cauliflower Green Beans/Almond Blueberry/Yogurt 1% Milk	20 Roast Beef Winter Squash Brussel Sprouts Apricots Roll 1% Milk	21 DINING CLOSED	22 Beef Stroganoff Noodles Red Cabbage Waldorf Salad Juice Spiced Peaches 1% Milk	23 Stuffed Green Pepper Carrot/Pineapple Salad Sliced Banana Bran Muffin 1% Milk
26 Ground Beef Steak with Grilled Onions/Brown Gravy Mashed Potatoes Steamed Cauliflower Carrot/Raisin Salad Pear/Lime Jello WW Roll- 1% Milk	27 Lemon Chicken Brown Rice Steamed Carrots Mandarin Oranges WW Bread 1% Milk	28 DINING CLOSED	29 Egg Sandwich Spinach Salad Navy Bean Soup Pineapple Cup 1% Milk	30 Tuna Sandwich Green Pea Salad Soup Ice Cream \] 1% Milk

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