March 2026 Aging Ahead Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Stuffed Cabbage Rye Bread Split Pea Soup California Blend Apple Pound Cake	**BBQ Chicken Breast** Corn Muffin Lentil Soup Broccoli Strawberries Vanilla Ice Cream Oatmeal Cookie	**Tuna Noodle Casserole** Corn Onion Roll Root Veggies Banana	**Spaghetti & Meatball** Garlic Bread Stick Caesar Salad Sicilian Blend Vegs Cauliflower Peaches	**Beef Burgundy** Wild Rice Roll w/ Butter Spinach Salad Chive Potatoes Carrots Fried Apples	
8	9	10	11	12	13	14
	Chicken Tenders Wheat Roll Corn Salad Mac & Cheese Spinach Squares Fresh Fruit	**Baked Cod** Pretzel Roll Vegetable Soup Squash Blend Wild Rice Pears	**Salisbury Steak** Roll w/ Butter Tomato Soup Mashed Potatoes Corn Banana Oatmeal Cookie	**Roasted Turkey** Cranberry Bread Mashed Sweet Potatoes Stuffing Green Beans Apple Crisp	**Quiche Florentine** Bran Muffin Oatmeal Potato Casserole Braised Cabbage Peaches	
15	16	17	18	19	20	21
	Chicken Parmesan Roll w/ Butter Bean Soup Spinach Salad Sicilian Blend Apple Rice Pudding	**Corned Beef** Soda Bread Split Pea Soup Red Potatoes Cabbage Fresh fruit cup Mint Chip Cookie	**Cheese Manicotti** Bread Stick Italian Wedding Soup Caesar Salad Italian Green Beans Peaches	**Glazed Salmon** Pretzel Roll Potato Soup Pacific Blend Rice Pilaf Banana	**Meatloaf** & Cornbread Cream of Asparagus Green Beans Mashed Potatoes Orange Whole wheat toast Lemon Bar	
22	23	24	25	26	27	28
	Vegetable Lasagna House Salad Garden Blend Vegs Garlic Bread Fresh Fruit	**Swiss Mushroom Burger** Cole Slaw Bean Salad Mashed Potatoes Melon Slices	**Guinness Chicken Breast** Spinach Salad Scalloped Potatoes California Blend Vegs Strawberries Tapioca Pudding	**Cards Opening Day! Ballpark Hot Dogs** Cole Slaw Red Potato Salad Baked Beans Grapes Ice Cream Bar	**Pizza Night** Greek Yogurt Cucumber and Tomato Salad Cream of Broccoli Plum Brownie	
29	30	31	1	2	3	4
	Pot Roast Croissant Beet Salad Garden Blend Vegs Pears Wild Rice	**Chicken Parmesan** Bread Stick Cesar Salad Broccoli Sicilian Blend Vegs Fresh Fruit				