

Pella Senior Meals			Meal Pattern Includes:		MARCH, 2008				
712 Union St. Pella Iowa 50219 641-628-4273					ALL MEALS INCLUDE: 3 oz cooked edible meat/alternate 2- 1/2 Cups Vegetables 1- 1/2 Cup Fruit				
		Patsie Noble, Registered Licensed Dietitian			1/2 Cup Fruit 1-Serving WW Bread/Frt Marg 8 oz Milk Coffee				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 California Hamburger Baked Beans Diced Poatoes Chilled Pineapple Tidbits Butterscotch Pudding WWBread/Frt Marg Milk/Coffee		4 German Meat Loaf Parsley Buttered Potatoes Broccoli Cuts Pears in Gelatin Cherry Cobbler WWBread/Frt Marg Milk/Coffee		5 Ham with Raisin Sauce Sweet Potatoes Peas Chilled Peaches Strawberry Short Cake WWBread/Frt Marg Milk/Coffee		6 Pizza Casserole Spinach Orange Spiced Carrots Chilled Fruit Cocktail Apricot Cobbler WWBread/Frt Marg Milk/Coffee		7 Chicken Tahitian Scalloped Corn Green and Gold Beans Chilled Peaches Chocolate Pudding WWBread/Frt Marg Milk/Coffee	
10 COOK'S CHOICE		11 Spanish Rice Whole Kernal Corn Paprika Potatoes Chilled Peaches Cherry Cobbler WWBread/Frt Marg Milk/Coffee		12 Beef Stew w/ Mixed Vegetables Green Peas Chilled Pineapple Tidbits Date Bar Soda Crackers/Marg Milk/Coffee		13 Oven Fried Chicken Whipped Potatoes/Gravy Carrot Coins Pears in Lime Gelatin Brownie WWBread/Frt Marg Milk/Coffee		14 Meatloaf Parmesaen Potates Asparagus Peaches in Gelatin Strawberry Short Cake WWBread/Frt Marg Milk/Coffee	
17 Italian Spaghetti w/Meat Sauce Tossed Lettuce Salad w/Dress Asparagus Cuts Apricot Halves Pineapple Upside Down Cake Garlic Bread Milk/Coffee St. Patrick's Day		18 Boiled Beef Dinner with/ Potatoes Carrots Chilled Pineapple Tidbits Date or Raisin Bar WWBread/Frt Marg Milk/Coffee		19 Oven Fried Chicken Whipped Potatoes w/Gravy Whole Kernal Corn Chilled Apricot Halves Pineapple Upside Down Cake WWBread/Frt Marg Milk/Coffee		20 Beef Pot Pie Parmesan Potatoes Whole Kernal Corn Chilled Peaches Tapioca Pudding WWBread/Frt Marg Milk/Coffee First Day of Spring		21 BBQ Chicken Parsley Buttered Potatoes Spinach Apricots Cherry Crisp WWBread/Frt Marg Milk/Coffee Good Friday	
24 COOK'S CHOICE		25 Beef Stoganoff over Noodles Wax Beans Green Peas Chilled Apricot Halves Applesauce Bar WWBread/Frt Marg Milk/Coffee		26 Meat Loaf Paprika Potatoes Asparagus Cuts Ghilled Peach Slices Butterscotch Pudding WWBread/Frt Marg Milk/Coffee		27 Oven Fried Chicken German Potato Salad Broccoli Cuts Pears in Lime Gelatin Strawberry Shortcake WWBread/Frt Marg Milk/Coffee		28 Chili Parmesean Potato Chilled Peaches Tapioca Pudding w/topping Crackers Milk/Coffee	
31 Plain Ham Balls Sliced Beets Green Beans Chilled Apricot Halves Apple Bread Pudding WWBread/Frt Marg Milk/Coffee									