

# Skagit Senior Lunch Menu - March 2010

Anacortes 293-7473    Burlington 755-0102    Clear Lake 856-1023    Concrete 853-8400    La Conner 466-3941    Mount Vernon 336-5757    Sedro-Woolley 855-1531

\* All meals also include a vegetable, salad and/or fruit, dinner roll or specialty bread and milk \*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Fettuccini Carbanara with Chicken and Bacon served with Caesar Salad	<b>2</b> Oriental BBQ Pork served with Fried Rice and a Vegetable Egg Roll	<b>3</b> Sloppy Joes served with Tatar Tots	<b>4</b> Homemade Meatloaf served with Mashed Potatoes and Gravy	<b>5</b> Chicken and Sausage Gumbo over Rice served with a Tossed Green Salad
<b>8</b> Salisbury Steak served with Mashed Potatoes and Gravy	<b>9</b> Beer Battered Cod and Chips served with Coleslaw	<b>10</b> Beef Pot Pie served with Pickled Beet Salad	<b>11</b> Crispy Chicken Sandwich served with Potato Salad	<b>12</b> Veal Parmesan with Buttered Noodles served with a Dinner Roll
<b>15</b> Turkey Dinner with Stuffing and Cranberry Sauce served with Mashed Potatoes and Gravy	<b>16</b> Swedish Meatballs over Rice served with Pea and Cashew Salad	<b>17</b> <i>St. Patty's Day Lunch</i> Guinness Braised Corned Beef and Cabbage served with Steamed Potatoes and Irish Cream Cake	<b>18</b> Meat Lasagna served with Garlic Bread	<b>19</b> CLOSED
<b>22</b> Stuffed Peppers served with Roasted Red Potatoes	<b>23</b> Cornmeal Chicken served with Cheesy Mashed Potatoes	<b>24</b> Denver Omelet served with Hash Browns and Orange Juice	<b>25</b> Salmon Fillet served with Rice Pilaf	<b>26</b> Sheppard's Pie with Mashed Potatoes served with Birthday Cake
<b>29</b> Macaroni and Cheese with Ham served with Italian Bean Salad	<b>30</b> Shrimp Caesar Salad served with a Dinner Roll	<b>31</b> Swiss Chicken with Stuffing served with Ambrosia		

Meals served at 12:00 p.m. at most Meal Sites and 12:30 p.m. at the Concrete Senior Center