



The McKissick Center
FOR SENIOR WELLNESS

March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Beef Casserole Lima Beans Garlic Toast Fruit Cup Yogurt</p>	<p>4</p> <p>Teriyaki Chicken w/Rice Broccoli Peas & Carrots Roll, Apple Milk</p>	<p>5</p> <p>Mexican Lasagna Corn Roll Blueberries Milk</p>	<p>6</p> <p>BBQ Pork Chop Au Gratin Potatoes Green Beans w/ Red Peppers Peaches, Roll Milk</p>	<p>7</p> <p>Ham & Veggie Wrap Cucumber Slices Black Bean Salad Banana Chocolate Milk</p>
<p>10</p> <p>Vegetable Beef Soup Baked Potato Cornbread Fruit Juice Cup Yogurt</p>	<p>11</p> <p>Pork Loin Squash and Beans Mandarin Oranges Roll Yogurt</p>	<p>12</p> <p>Harvest Chicken Casserole Carrots Roll Fruit Cobbler Milk</p>	<p>13</p> <p>Kielbasa Pinto Beans Cabbage Apple Roll, Milk</p>	<p>14</p> <p>Stuffed Shells w/ Meat Sauce Broccoli Garlic Bread Orange</p>
<p>17</p> <p>Penne Florentine Broccoli Roll Pudding Fruit Juice Cup</p>	<p>18</p> <p>BBQ Chicken Thigh Mashed Potatoes Turnip Greens Roll, Banana Yogurt</p>	<p>19</p> <p>Roasted Turkey Green Bean Casserole Baked Sweet Potato Roll, Apple Milk</p>	<p>20</p> <p>Red Beans & Rice Pulled Pork Butternut Squash Warm Spiced Fruit Roll, Milk</p>	<p>21</p> <p>Chef Salad w/ Dressing Black Eye Pea Salad Orange Yogurt Crackers</p>
<p>24</p> <p>Meatballs in Gravy Mashed Red Potatoes Green Beans Fruit Cup, Roll Pudding</p>	<p>25</p> <p>Breaded Chicken Strips Cannellini Bean Salad Cole Slaw Apple, Cornbread Milk</p>	<p>26</p> <p>Turkey & Swiss Sandwich Broccoli Salad Cucumber Slices Pudding</p>	<p>27</p> <p>Pork Roast w/ Rice & Gravy Cabbage Steamed Carrots Orange Milk</p>	<p>28</p> <p>Chicken Salad on Spinach w/ Crackers Beet Salad Banana Pudding</p>
<p>31</p> <p>Beef Casserole Lima Beans Garlic Toast Fruit Cup Yogurt</p>				

Menu items are subject to change due to availability.