



The McKissick Center
FOR SENIOR WELLNESS

March 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
General Tso's Chicken Rice, Egg Roll Asian Vegetable Mix Fruit Cup Fortified Juice Pack	2	Beef Enchilada Refried Beans Creamed Spinach Warm Spiced Apples Milk	3	Potato Soup Steamed Carrots Lima Beans Roll Fruited Yogurt	4	Meatloaf Mashed Potato Green Peas Fruit Cobbler Milk	5	BBQ on Bun Baked Sweet Potato Brussel Sprout Slaw Banana Yogurt	6
Chicken & Rice Casserole Butternut Squash Peas & Carrots Fruit Cup Milk	9	Baked Spaghetti Salad w/ Dressing Mixed Veggies, Garlic Bread Warm Fruit Salad Milk	10	Ham Pinto Beans Collard Greens, Cornbread Banana Pudding Fortified Juice Pack	11	Pork Chop w/ Stuffing Squash & Zucchini Roasted Red Potatoes Orange Milk	12	Hot Dog w/Chili Baked Beans Cole Slaw Banana Chocolate Milk	13
Chili Bean Soup Baked Potato Mixed Greens Fruit Cup Crackers, Yogurt	16	Keilbasa Sauerkraut Roasted Brussel Sprouts Roll, Apple Milk	17	BBQ Riblet on Bun Roasted Sweet Potatoes Green Beans Fruited Yogurt	18	Chicken & Dumplings Black Eye Peas Steamed Broccoli Banana Milk	19	Tuna Pasta Salad Pickled Beets Blueberries Crackers Milk	20
Hamburger w/ Lettuce & Tom Baked Beans Macaroni Salad Fortified Juice Pack Pudding	23	Chicken Parmesan w/ Spaghetti Green Beans, Garlic Bread Orange Milk	24	Shepherds Pie Okra & Tomatoes Whole Wheat Roll Fruit Crisp Milk	25	Crab Cake Brown Rice, Corn Broccoli Casserole Sliced Apples Milk	26	Chicken Salad on Croissant w/ Spinach Grape Salad Carrots w/ Ranch Chocolate Milk	27
General Tso's Chicken Rice, Egg Roll Asian Vegetable Mix Fruit Cup Fortified Juice Pack	30	Beef Enchilada Refried Beans Creamed Spinach Warm Spiced Apples Milk	31						

Menu items are subject to change due to availability.