

KNOX COUNTY SENIOR NUTRITION PROGRAM
March 2017

Sun	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1 Chicken stew <i>(Ravioli) (Garlic knot)</i> Broccoli Baked peaches Wheat roll	2 Fish patty w/ tartar sauce <i>(Mixed beans)(Cornbread)</i> Succotash Coleslaw Roll/Blueberry apple crisp	3 Pizza burger <i>(Broccoli, rice, cheese casserole)</i> Mixed vegetables Ranch potatoes Bun/Fruit juice	4
5	6 BBQ chicken <i>(Vegetable lasagna)</i> Baked beans Brussel sprouts Multigrain roll/Peaches	7 Meatloaf <i>(Salmon patty w/ tartar sauce)</i> Green beans Whipped potatoes Onion roll/Applesauce	8 Hot dog w/ chili on bun <i>(Mixed bean chili)(Crackers)</i> Herb potatoes Coleslaw Hot fruit compote	9 White beans and ham <i>(Vegetable soup)</i> Macaroni and tomatoes Turnip greens Cornbread/Fresh fruit	10 Chicken parmesan <i>(Pinto beans)(Cornbread)</i> Seasoned potatoes California blend Multigrain roll/Fruit juice	11
12	13 Chicken casserole <i>(California casserole)</i> Glazed carrots Green beans Wheat roll/Fruit juice	14 Chili <i>(Vegetable burrito)</i> Fiesta corn Coleslaw Crackers Pineapple cherry crisp	15 Chicken patty <i>(Vegetable patty)</i> Mixed vegetables Parsley potatoes Bun/Fresh fruit	16 Italian pasta w/ meat sauce <i>(Spinach and cheese ravioli)</i> Italian blend vegetables Corn Garlic knot/Pears	17 Egg and sausage biscuit <i>(Egg Biscuit)</i> Baked apples Hash brown casserole V-8 juice low sodium	18
19	20 Macaroni and cheese <i>(Clam chowder) Contains shellfish</i> Broccoli Stewed tomatoes Roll/ Fruit juice	21 Salmon patty (tartar sauce) <i>(Tomato pie)</i> Whipped potatoes Capri vegetables Roll/Fresh fruit in season	22 Beef stew w/ vegetables <i>(Broccoli cheese soup)</i> Creamed corn Crackers Peach and blueberry crisp	23 Apple glazed chicken <i>(White beans)(Cornbread)</i> Sweet potatoes Seasoned green beans Multigrain roll/Fruit salad	24 Chopped sirloin <i>(Smothered vegetable patty)</i> Whipped potatoes Peas Wheat roll/Peaches	25
26	27 Sloppy joe <i>(Veg. patty)</i> Mixed vegetables Dill potatoes Bun/Fresh fruit	28 Fat Tuesday Red beans and rice w/ sausage <i>(Tuscan couscous)</i> Mixed greens California blend Roll /Pineapple cup	29 Chicken with broccoli <i>(Spinach pie)</i> Succotash Baked pears w/ cherries Multigrain roll	30 Beef tips with rice <i>(Tomato cream pasta)</i> Green beans Carrots Fruit juice/Wheat roll	31 BBQ pork riblet <i>(Fish patty w/tartar sauce)</i> Vegetable baked beans Corn Bun/Fruit cup	

Important Information:

All meals served with a ½ pint of milk.

Please use attached envelope for your monthly meal contribution.

Office Phone Number is: 524-2786

Remember to call Mobile Meals if you will not be home for your meal, preferably the day before.

(Alternative Mobile Meal)

Instructions for Microwave:

Cut holes in plastic and keep meal covered.

Heat for 1-2 minutes stir and turn meal.

Heat for one more minute if meal is still cold.

If you receive your meal cold follow the same process but heat 3-5 minutes with an additional minute if still cold.