



SOUTH CARROLL SENIOR CENTER

MARCH LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Reservation Requiredby posted sign up date.
To reserve a lunch call the front desk at

410-386-3700

Cost of lunch for center members 60+ is a donation of \$4.83 (full

Cost of meal). Per grant

requirements, those under

60 must pay the full price

of \$5.27. Spouses of

adults 60+, regardless of age,

may give a donation if

they accompany their spouse.

If unaccompanied by their spouse,

they must pay the full price

of \$5.27.

G&G available upon request



1

Grill Chicken Breast
w/Creamy Mushroom
Sauce

Wild Rice Blend

Wax Bean &
Green Bean Medley

WG Wheat Bread

Cinnamon Applesauce

Sign up due by
10:00am 2/24

2

Split Pea Soup
Swish Cheese Burger

Lettuce & Tomato

WG Hamburger Roll

Cole Slaw

Tropical Fruit

Sign up due by
10:00am 2/27

3

Roast Pork Loin
w/Gravy
Italian Tomato Basil
Salad
Seasoned Kale
Au Gratin Potatoes
WG Wheat Roll
Sliced Apple Snack
Pack**Sign up due by**
10:00am 2/28

6

Chicken Fajitas
Sour Cream & Salsa
WG Tortilla
Mexican Rice
Diced Peaches**Sign up due by**
10:00am 3/1

7

Roast Turkey w/Gravy
WG Wheat Bread
Mashed Potatoes
Tropical Beets
Corn & Pea Salad
Tropical fruit**Sign up due by**
10:00am 3/2

8

SPECIAL
Grilled Chicken
Caesar Salad
*(Chicken Strips, Romaine Lettuce,
Caesar Dressing, Croutons,
Parmesan Cheese)*
Cream of Potato Soup
Hot Spiced Apples
WG Corn Bread Loaf
Cookie
Sign up due by
10:00am 2/28

9

SUB
Italian Cold Cuts
Provolone Cheese
WG Club Roll
Lettuce, Tomato,
Mayo, Italian Dressing
Potato Salad
Cole Slaw
Fruit Cocktail
Sign up due by
10:00am 3/1

10

Meatloaf w/Mushroom
Gravy
Garlic Mashed Potatoes
Peas & Pearl Onions
Cinnamon Apples
WG Wheat Bread**Sign up due by**
10:00am 3/7

13

Chicken Cordon Blue
*(Stuffed Chicken w/Ham &
Cheese w/Chicken Gravy)*
Yellow Rice Pilaf
Glazed Carrots
WG Wheat Roll
Crumb Cake
Orange Pineapple Juice**Sign up due by**
10:00am 3/3

14

Chicken Poppy Seed
Casserole
White & Wild Rice Blend
Seasoned Waxed Beans
Diced Peaches
WG Wheat Bread**Sign up due by**
10:00am 3/9

15

Mexican Black Bean Soup
Classic Beef Taco
WW Tortilla
Sour Cream & Cheddar
Cheese
Southwest Cabbage &
Corn Salad
Mexican Rice
Fresh Romaine Lettuce
Tomato Salsa
Sign up due by
10:00am 3/10

16

WEENIE
WEDNESDAY
Hot Dog
With All The Fixings
Cole Slaw Baked Beans
Diced Pears Potato Chips

Sign up due by
10:00am 3/8

17

"SPECIAL"
St. Patrick's Day
Corned Beef
Red skinned Potatoes
Steamed Cabbage
Copper Pennies
Corn Muffin
Cake
Sign up due by
10:00am 3/9

20

Chicken Breast
Cog Au Vin
WG Brown Rice Pilaf
Mixed Vegetables
WG Wheat Bread
Sliced Apple Snack Pack**Sign up due by**
10:00am 3/15

21

POTATO
Baked Potato
Spinach Salad
w/Grape Tomatoes
Chili Con Carne
Cheddar Cheese &
Sour Cream Garnish
Applesauce
WG Wheat Bread**Sign up due by**
10:00am 3/13

22

Salisbury Steak
w/Gravy
Parslied Mashed Potatoes
Harvard Beets
WG Wheat Bread
Amish Navy Bean Salad**Sign up due by**
10:00am 3/17

23

Chicken Parmesan
Sandwich
*w/Marinara Sauce &
Shredded Cheese*
WG Sandwich Roll
Green Pea Salad
Glazed Carrots**Sign up due by**
10:00am 3/20

24

Cheese Pizza

Romaine Salad
Caesar Salad Dressing
Croutons
Apricot Halves**Sign up due by**
10:00am 3/16

27

Roasted Chicken Leg
WG Mac & Cheese
Seasoned Green Beans
WG Corn Muffin
Cinnamon Apple Slices**Sign up due by**
10:00am 3/22

28

Turkey Burger
Cheese
Lettuce & Tomato
Cucumber & Onion Salad
WG Sandwich Roll**Sign up due by**
10:00am 3/23

29

Pot Roast of Beef
w/Burgundy Gravy
WG Wheat Bread
Seasoned Greens
Mandarin Oranges**Sign up due by**
10:00am 3/24

30

Cream of Broccoli Soup
(Vegetarian not Vegan)
BBQ Chicken
Sandwich
WG Hamburger Roll
Red Cabbage Slaw
Apricot Halves**Sign up due by**
10:00am 3/27

31

Turkey Ala King
Dilled Carrots
Seasoned Brown Rice
Broccoli Slaw
WG Wheat Bread**Sign up due by**
10:00am 3/28