

# March 2020

# SPUR SENIOR CITIZEN'S

| SUNDAY | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY |
|--------|--|---|---|---|---|----------|
| 1      | 2  | 3   | 4   | 5   | 6   | 7        |
|        | Oven Fried Chicken Breast, Bow Tie Pasta, Broccoli/Raisin Salad, Wheat Roll, Fruit Cocktail          | Chicken Fajitas, Refried Beans, White Rice, Tossed Salad/French Dressing, Tortilla, Ambrosia        | Navy Beans w/Ham, Sweet Potatoes, Turnip Greens, Cornbread, Cherry Cobbler                                | Creamy Mushroom Steak, Mashed Potatoes, Peas & Carrots, Wheat Roll, Emerald Pears   | Rigatoni/Meat Sauce, Lima Beans, Tossed Salad, Garlic Bread, Mandarin Oranges/Whip Topping  |          |
| 8      | 9  | 10  | 11  | 12  | 13  | 14       |
|        | Smothered Pork Chops, S/W Potatoes, Squash Casserole, Carrot/Raisin Salad, Cornbread, Sliced Peaches | Home Style Lasagna, Brussel Sprouts, Garlic Bread, Pears  | Beef Soft Taco, Spanish Rice, Broccoli, Seasoned Corn, Flour Tortilla, Mandarin Oranges/whipped Topping   | Fish Strips, Borrocho Beans, Green Peas, Tossed Veg Salad, L/C French Dressing Wheat Roll, Tropical Fruit   | Beef Tipsw/Egg Noodles, Meadow Blend Veggies, Corn, Wheat Roll, Chocolate Cake w/Strawberry |          |
| 15     | 16   | 17  | 18  | 19  | 20  | 21       |
|        | Baked Chicken Scandia, Red Potatoes w/skin on, Cole slaw, Cornbread, Apple Peach Shortcake           | Taco Salad, Refried Beans, Spanish Rice, Broccoli/Cauliflower Salad, Flour Tortilla, Apricot Halves | Charbroil Hamburgers, Spinach, Let/Tom/Pickle/Onion, Herb Potatoes, Wht Bun, Berry Cobbler                | Chicken Ala King w/Rice, Calif Veggies, Spinach Mushroom Salad, Wheat Roll, Choclate Chip Cookie  | Bar-B-Q Brisket, Hash Browns, Turnip Greens, Wheat Roll, Fluffy Pineapple Pie               |          |
| 22     | 23   | 24  | 25  | 26  | 27  | 28       |
|        | Glazed Meatloaf, Red Bliss Potatoes, Mixed Veggies, Bread Stick, Apple Crisp                         | Hot Dog on Bun, Baked Potatoe, Seasoned Broccoli, Pineapple Gelatin                                 | Chicken Tenders w/Gravy, Garlic Mashed Potatos, Turnip Greens, Wheat Roll, Mandarin Oranges               | Tilapia w/Lemon Slice, Whole Kernel Corn, Cole Slaw, Hushpuppies, Cherry Crisp  | Chicken Spaghetti, Carrots, Zucchini, Wheat Bread, Bananas & Vanilla Pudding                |          |
| 29     | 30   | 31  | 1   | 2   | 3   | 4        |
|        | Chicken Fried Steak, Mashed Potatoes, Country Gravy, Stewed Okra, Seasoned Corn, Pumpkin Square      | Macaroni Beef/Tomato, Lima Beans, Tomatoes, Wheat Roll, Fruit & Oatmeal Bar                         | <b>FUN NIGHT</b><br><b>Mondays 5:30 pm</b><br><b>on 2nd &amp; 16th.</b><br><b>Tuesday 10th &amp; 24th</b> | <b>EVERYONE WELCOME!!!</b><br><b>LUNCH SERVED AT NOON MONDAY -</b><br><b>FRIDAY suggested donation Age 60+ only \$4 -</b><br><b>others \$8 Call anytime for info 271-4472</b> |   |          |

*Jim Stovall: Integrity is doing the right thing, even if nobody is watching."*