



## WCCS 7 Day Menu March 2019

Amy Houpey, CDM, CFPP, MBM  
Food Service Director

Menus Subject to Change with Dietitian Approval

Morrow Center – 513-267-9045  
 Lebanon Center – 513-939-5189  
 Franklin Center – 937-545-6788  
 South Lebanon Center – 513-267-8293  
 741 Senior Center – 513-695-2257

### Week of March 31

MENU A	MENU B
<b>SUNDAY 3/31</b>	<b>SUNDAY 3/31</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

**REMINDER:**  
 If you are **NOT** going to be home to receive your HOME DELIVERED MEAL  
**PLEASE CALL: 513-695-2256 Option 2, A DAY IN ADVANCE**  
**OR BY 8:00 a.m.**

### Week of March 1

MENU A:	MENU B:
<b>FRIDAY 3/1</b>	<b>FRIDAY 3/1</b>
Country Fried Steak / Gravy Yellow Squash Broccoli Corn Muffin / Margarine Fresh Fruit Milk	Baked Fish Potato Wedges Peas And Carrots Corn Muffin / Margarine Fresh Fruit Milk
<b>SATURDAY 3/2</b>	<b>SATURDAY 3/2</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

### Week of March 3

MENU A	MENU B
<b>SUNDAY 3/3</b>	<b>SUNDAY 3/3</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
<b>MONDAY 3/4</b>	<b>MONDAY 3/4</b>
Meatloaf / Gravy Ranch Mashed Potatoes Seasoned Kale Cookies / S.F. Cookies Fresh Fruit Milk	Sausage And Apples Peas Succotash Cookies / S.F. Cookies Fresh Fruit Milk
<b>TUESDAY 3/5</b>	<b>TUESDAY 3/5</b>
Cheesy Potato Soup Ham Salad Croissant Pasta Salad Tropical Fruit Milk	Cheesy Potato Soup Tuna Salad Croissant Macaroni Salad Tropical Fruit Milk
<b>WEDNESDAY 3/6</b>	<b>WEDNESDAY 3/6</b>
Ham / Raisin Sauce Potato Medley Seasoned Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Grilled Salmon Scalloped Potatoes Capri Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
<b>THURSDAY 3/7</b>	<b>THURSDAY 3/7</b>
Pot Roast / Gravy Baby Bakers Sliced Carrots Dinner Roll / Margarine Mixed Fruit Milk	Manicotti / Marinara Zucchini Peas And Onions Dinner Roll / Margarine Mixed Fruit Milk
<b>FRIDAY 3/8</b>	<b>FRIDAY 3/8</b>
B.B.Q. Riblet / Hoagie Bun Potato Wedges Brussel Sprout Fresh Fruit Milk	Steak Hoagie / Hoagie Bun White Cheddar Macaroni Peas Fresh Fruit Milk
<b>SATURDAY 3/9</b>	<b>SATURDAY 3/9</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

[Week of March 10](#)

MENU A: SUNDAY 3/10	MENU B: SUNDAY 3/10
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

MONDAY 3/11	MONDAY 3/11
Beef Stew Spinach Chuckwagon Vegetables Biscuit / Margarine Diced Pears Milk	Sausage & Egg Patty Diced Potatoes Cinnamon Applesauce Biscuit / Margarine Diced Pears Milk

TUESDAY 3/12	TUESDAY 3/12
Chicken And Noodles Asparagus Wax Beans Dinner Roll / Margarine Cheese Cake / Sponge Cake Milk	Stuffed Green Pepper Ranch Mashed Potatoes Broccoli Dinner Roll / Margarine Cheese Cake / Sponge Cake Milk

WEDNESDAY 3/13	WEDNESDAY 3/13
Chicken Legs Twice Baked Potato Wax Beans Fresh Veggies / Ranch Dip W/W Dinner Roll / Margarine Milk	Breaded Pork Chop Yellow Squash Sugar Snap Peas Fresh Veggies / Ranch Dip W/W Dinner Roll / Margarine Milk

THURSDAY 3/14	THURSDAY 3/14
Swiss Steak Mashed Potatoes Mixed Vegetables Dinner Roll / Margarine Pineapple Tidbits Milk	Grilled Chicken / Gravy Butter Beans Mixed Greens Dinner Roll / Margarine Pineapple Tidbits 8Milk

FRIDAY 3/15	FRIDAY 3/15
Hamburger / Bun Baked Beans Criss Cut Potatoes Fresh Fruit Milk	Fish / Bun Potato Medley Stewed Tomatoes Fresh Fruit Milk

SATURDAY 3/16	SATURDAY 3/16
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

[Week of March 17](#)

MENU A: SUNDAY 3/17	MENU B: SUNDAY 3/17
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

MONDAY 3/18	MONDAY 3/18
Chicken Pot Pie Corn Soufflé Malibu Vegetables Dinner Roll / Margarine Strawberry Applesauce Milk	Beef And Noodles Cauliflower Peas And Carrots Dinner Roll / Margarine Strawberry Applesauce Milk

TUESDAY 3/19	TUESDAY 3/19
Lasagna Corn Mixed Vegetables Bread Stick / Margarine Cherry Pie / Diet Pie Milk	Teriyaki Chicken Vegetable Fried Rice Kale Bread Stick / Margarine Cherry Pie / Diet Pie Milk

WEDNESDAY 3/20	WEDNESDAY 3/20
Pork Roast / Gravy Mashed Sweet Potatoes Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Chicken Cordon Bleu Rice Pilaf Mixed Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk

THURSDAY 3/21	THURSDAY 3/21
Chicken And Dumplings Beets Spinach Bread Stick / Margarine Diced Peaches Milk	Chili With Beans Cream Corn Cinnamon Apples Bread Stick / Margarine Diced Peaches Milk

FRIDAY 3/22	FRIDAY 3/22
Sloppy Joe / Bun Carrots Green Beans Coleslaw Fresh Fruit Milk	Turkey Burger / Bun Potato Wedges Maui Vegetable Blend Coleslaw Fresh Fruit Milk

SATURDAY 3/23	SATURDAY 3/23
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

[Week of March 24](#)

MENU A: SUNDAY 3/24	MENU B: SUNDAY 3/24
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

MONDAY 3/25	MONDAY 3/25
Cheese Omelet Goetta Spiced Peaches Biscuit / Margarine Fresh Fruit Milk	Broccoli Stuffed Chicken Sweet Potatoes Brussel Sprouts Biscuit / Margarine Fresh Fruit Milk

TUESDAY 3/26	TUESDAY 3/26
Cincy Style Spaghetti Roasted Peppers And Corn Chuckwagon Vegetables Oyster Crackers Mixed Fruit Milk	Breaded Chicken Breast Winter Blend Potato Medley Oyster Crackers Mixed Fruit Milk

WEDNESDAY 3/27	WEDNESDAY 3/27
Roast Beef / Gravy Ranch Mashed Potatoes Seasoned Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Chicken Kiev Au Gratin Potatoes Peas And Carrots Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk

THURSDAY 3/28	THURSDAY 3/28
Bourbon Meatballs / Pasta Spinach Sliced Apples Dinner Roll / Margarine Mandarin Oranges Milk	Vegetable Lasagna Spinach Peas And Onions Dinner Roll / Margarine Mandarin Oranges Milk

FRIDAY 3/29	FRIDAY 3/29
Soup Beans With Ham Seasoned Diced Potatoes Zucchini Corn Muffin / Margarine Yogurt Milk	Cabbage Roll Butter Beans Kale Corn Muffin / Margarine Yogurt Milk

SATURDAY 3/30	SATURDAY 3/30
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk