



## WCCS Lunch Menu

**March 2020  
7 Day Menu**

[513 695-2256](tel:513-695-2256)

*Amy Houpey, CDM, CFPP, MBM*

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

### 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 8:00a.m.**

#### WEEK OF March 1

MENU A: SUNDAY 3/1	MENU B: SUNDAY 3/1
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 3/2	MONDAY 3/2
Chicken Taco Diced Tomatoes Chuckwagon Vegetables Tortilla Fresh Fruit Milk	Beef Taco Mixed Vegetables Black Beans Tortilla Fresh Fruit Milk
TUESDAY 3/3	TUESDAY 3/3
Vegetable Soup Egg Salad Potato Salad Croissant Strawberry Applesauce Fresh Fruit Milk	Vegetable Soup Chicken Salad Cucumber Salad Croissant Strawberry Applesauce Fresh Fruit Milk
WEDNESDAY 3/4	WEDNESDAY 3/4
Roast Beef / Gravy Twice Baked Potato Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Teriyaki Chicken Red Beans And Rice Yellow Squash Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
THURSDAY 3/5	THURSDAY 3/5
Cincy Style Chili / Spaghetti Brussel Sprouts Peas And Onions Dinner Roll / Margarine Cherry Pie / Diet Pie Milk	Grilled Chicken / Gravy Golden Hominy Mixed Greens Dinner Roll / Margarine Cherry Pie / Diet Pie Milk
FRIDAY 3/6	FRIDAY 3/6
Steak Hoagie / Bun Potato Wedges Green Beans Fresh Fruit Milk	B.B.Q. Riblet / Bun Potato Medley Peas And Carrots Fresh Fruit Milk
SATURDAY 3/7	SATURDAY 3/7
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

#### WEEK OF March 8

MENU A: SUNDAY 3/8	MENU B: SUNDAY 3/8
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 3/9	MONDAY 3/9
Bourbon Meatballs / Pasta Cauliflower Zucchini Dinner Roll / Margarine Fresh Fruit Milk	Stuffed Shells Asparagus Black Eyed Peas Dinner Roll / Margarine Fresh Fruit Milk
TUESDAY 3/10	TUESDAY 3/10
Pepper Steak White Rice Kale Dinner Roll / Margarine Apple Pie / Diet Pie Milk	Broccoli and Cheese Casserole Corn Zucchini Dinner Roll / Margarine Apple Pie / Diet Pie Milk
WEDNESDAY 3/11	WEDNESDAY 3/11
Chicken And Noodles Succotash Mixed Vegetables Tossed Salad / Dressing Dinner Roll/ Margarine Milk	Stuffed Green Pepper Mashed Potatoes Wax Beans Tossed Salad / Dressing Dinner Roll / Margarine Milk
THURSDAY 3/12	THURSDAY 3/12
Spaghetti And Meat Sauce Winter Blend Mixed Vegetables Bread Stick / Margarine Cinnamon Applesauce Milk	Crab Cake Broccoli Capri Vegetables Bread Stick / Margarine. Cinnamon Applesauce Milk
FRIDAY 3/13	FRIDAY 3/13
Pepperoni Pizza Potato Wedges Mixed Vegetables Dinner Roll / Margarine Fresh Fruit Milk	Macaroni And Cheese Peas California Blend Dinner Roll Margarine Fresh Fruit Milk
SATURDAY 3/14	SATURDAY 3/14
Chefs Surprise Dinner Roll/ Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

**WEEK OF March 15**

**MENU A:**

**MENU B:**

<b>SUNDAY 3/15</b>	<b>SUNDAY 3/15</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

<b>MONDAY 3/16</b>	<b>MONDAY 3/16</b>
Chili With Beans Cream Corn Cinnamon Apples Bread Stick / Margarine Fresh Fruit Milk	Chicken Tenders Potato Medley Winter Blend Bread Stick / Margarine Fresh Fruit Milk

<b>TUESDAY 3/17</b>	<b>TUESDAY 3/17</b>
B.B.Q. Chicken Bites Garden Blend Rice Asparagus W/W Dinner Roll / Margarine Mandarin Oranges Milk	Sausage And Apples Red Skin Mashed Potatoes Buttered Corn Dinner Roll / Margarine Mandarin Oranges Milk

<b>WEDNESDAY 3/18</b>	<b>WEDNESDAY 3/18</b>
Ham / Pineapple Sauce Scalloped Potatoes Green Beans Tossed Salad / Dressing Dinner Roll / Margarine Milk	Beef And Noodles Lima Beans Beets Tossed Salad / Dressing Dinner Roll / Margarine Milk

<b>THURSDAY 3/19</b>	<b>THURSDAY 3/19</b>
Pot Roast / Gravy Baby Bakers Sliced Carrots Eclair / Sponge Cake Fruit Cup Milk	Broccoli Stuffed Chicken Twice Baked Potato Peas And Onions Eclair / Sponge Cake Fruit Cup Milk

<b>FRIDAY 3/20</b>	<b>FRIDAY 3/20</b>
Egg & Sausage Patty Hash Browns Cinnamon Apples Biscuit / Margarine Fresh Fruit Milk	Breaded Chicken Patty Mashed Potatoes Peas And Carrots Biscuit / Margarine Fresh Fruit Milk

<b>SATURDAY 3/21</b>	<b>SATURDAY 3/21</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

**WEEK OF March 22**

**MENU A:**

**MENU B:**

<b>SUNDAY 3/22</b>	<b>SUNDAY 3/22</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

<b>MONDAY 3/23</b>	<b>MONDAY 3/23</b>
Meatloaf / Gravy Diced Potatoes Chuckwagon Vegetables Dinner Roll / Margarine Fresh Fruit Milk	Chicken Pot Pie Seasoned Diced Tomatoes Butter Beans Dinner Roll / Margarine Fresh Fruit Milk

<b>TUESDAY 3/24</b>	<b>TUESDAY 3/24</b>
Breaded Pork Chop Potato Medley Peas And Onions Dinner Roll / Margarine Brownie / S.F. Cookie Tropical Fruit Milk	Cheese Pizza Hominy Carrots Dinner Roll / Margarine Brownie / S.F. Cookie Tropical Fruit Milk

<b>WEDNESDAY 3/25</b>	<b>WEDNESDAY 3/25</b>
Kielbasa Mashed Potatoes Sauerkraut Fresh Vegetables / Ranch Dip W/W Dinner Roll / Margarine Milk	Grilled Salmon Au Gratin Potatoes Mixed Vegetables Fresh Vegetables / Ranch Dip W/W Dinner Roll / Margarine Milk

<b>THURSDAY 3/26</b>	<b>THURSDAY 3/26</b>
Chicken Legs Mashed Potatoes / Gravy Seasoned Green Beans W/W Dinner Roll / Margarine Diced Pears Milk	Beef Stew Cauliflower Seasoned Kale W/W Dinner Roll / Margarine Diced Pears Milk

<b>FRIDAY 3/27</b>	<b>FRIDAY 3/27</b>
Sloppy Joe / Bun Potato Wedges Carrots Coleslaw Fresh Fruit Milk	Turkey Burger / Bun Scalloped Potatoes Spinach Coleslaw Fresh Fruit Milk

<b>SATRDAYDAY 3/28</b>	<b>SATURDAYDAY 3/28</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

**WEEK OF March 29**

**MENU A:**

**MENU B:**

<b>SUNDAY 3/29</b>	<b>SUNDAY 3/29</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

<b>MONDAY 3/30</b>	<b>MONDAY 3/30</b>
Beef And Macaroni Spinach Cream Corn Dinner Roll / Margarine Fresh Fruit Milk	Vegetable Lasagna Broccoli Diced Tomatoes Dinner Roll / Margarine Fresh Fruit Milk

<b>TUESDAY 3/31</b>	<b>TUESDAY 3/31</b>
Italian Chicken Brussel Sprouts Mixed Vegetables Pineapple Tidbits Pudding / S.F. Pudding Milk	Cheese Burger Casserole Wax Beans Capri Vegetables Pineapple Tidbits Pudding / S.F. Pudding Milk