


# Senior Nutrition Program - March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b> Walkers 7:30am 	<b>28</b> <b>Pork Cutlet</b> Potatoes & Gravy Steamed Vegetables Wheat Roll, Apricots Pinochle after Lunch	<b>March 1st</b> Walkers 7:30am	<b>2nd Oven Fried Chicken</b> Mashed Potatoes & Gravy Broccoli & Cauliflower Wheat Roll, Peaches <b>Patty's Band</b> Bingo after Lunch	<b>3rd</b> TOPS 9am 
<b>6th</b> Walkers 7:30am	<b>7th</b> <b>Tomato Soup</b> Tuna Salad Sandwich Green Salad, Melon Pinochle after Lunch	<b>8th</b> Walkers 7:30am	<b>9th</b> <b>Beef Pot Roast</b> Red Potatoes 5-way Vegetable Blend Wheat Roll, Lemon Bar Bingo after Lunch	<b>10</b> TOPS 9am Sons of Italy 6:30pm
<b>13</b> Walkers 7:30am 	<b>14</b> <b>Country Fried Steak</b> Potatoes Peas & Carrots Whole Wheat Roll Pears Pinochle after Lunch	<b>15</b> Walkers 7:30am	<b>16</b> <b>St. Patrick's Day</b> <b>Corned Beef &amp; Cabbage</b> Potatoes & Carrots Biscuits, Baked Apple <b>Reservations required!!!</b> <b>Dance with the Band</b> Bingo after Lunch	<b>17</b> TOPS 9am 
<b>20</b> Walkers 7:30am <b>AARP</b> <b>Class</b> <b>9:15-2:15</b>	<b>21</b> <b>Beef Lasagna</b> Green Beans, Salad Garlic Bread Plum, Brownie Pinochle after Lunch <b>AARP Class 9am-2pm</b>	<b>22</b> Walkers 7:30am	<b>23</b> <b>Pork Tenderloin Bake</b> Mashed Potatoes Baby Carrots Wheat Roll, Kiwi Oatmeal Rasin Cookie Bingo after Lunch	<b>24</b> TOPS 9am
<b>27</b> Walkers 7:30am 	<b>28</b> <b>Beef Chili Colorado</b> Spanish Rice Black Bean Salsa & Chips Mixed Fruit Orange Sherbet Pinochle after Lunch	<b>29</b> Walkers 7:30am	<b>30</b> <b>Chicken Parmesan</b> Angel Hair Pasta Italian Green Beans Breadstick Lemon Bar, Juice Bingo after Lunch	<b>31</b> TOPS 9am 

**Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond**

**For reservations call Cheryl or Leslie at 360-886-1011**

This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.