



SENIOR LUNCH MENU

March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Saltimbocca, Penne Pasta & Vodka Sauce, Broccoli, Saltines, Orange	4 Japchae, Asian Chopped Salad, Saltines, Dinner Roll, Mango, Jello with Whipped Topping	5 Honey Grilled Ham, Fried Rice, Garden Salad, Pineapple, Yogurt	6 Cod Florentine, Baked Potato, Creamed Spinach, Dinner Roll, Melon, Cookie	7 Lemon Dill Chicken Salad Wrap, Pasta Salad, Peaches, Brownie
10 Roasted Turkey with Gravy, Sage Butter Gnocchi, Roasted Sweet Potatoes, Fruit Salad, Yogurt	11 Korean Beef Bowl, Rice, Snap Peas, Melon, Yogurt	12 Vegetable Lo Mein, Ginger Broccoli, Melon, Yogurt	13 Potato Leek Soup, Dinner Roll, Spinach Salad with Croutons, Melon, Yogurt	14 Chicken Marinara, Creamy Polenta, Italian Salad, Pineapple, Yogurt, Jello
17 Corned Beef, Garlic Mashed Potatoes, Cabbage, Roasted Baby Carrots, Banana, Yogurt	18 Mustard Crusted Salmon, Wild Rice, Squash & Zucchini, Fruit Salad, Frozen Yogurt	19 Hungarian Mushroom Soup, Dinner Roll, Garden Salad with Hard Boiled Egg & Croutons, Oranges, Sorbet	20 Twice Baked BBQ Chicken Sweet Potatoes, Southwestern Salad, Saltines, Mango, Yogurt	21 Hot Roast Beef Sliders, Arugula Salad, Apple, Sorbet
24 Salmon Cakes, Lemon Dill Rice, Zucchini, Saltines, Melon, Yogurt	25 Pork Chop, Red Potatoes, Garlic Butter Peas, Saltines, Fruit Salad, Yogurt	26 Chicken and Dumplings, Garden Salad with Croutons, Oranges	27 Chicken Tortilla Soup with Avocado, Cheddar Cheese, Sour Cream, Tortilla Chips, Saltines, Grapes, Sorbet	28 Beef Stroganoff over Egg Noodles, Green Beans, Grapes, Yogurt
31 Cod Florentine, Roasted Potatoes, Garden Salad, Pineapple, Ice Cream				

FUN FOOD FACT

Did you know....

Coriander may taste like soap to you because of your genes!

And if it does to you, you're not crazy. According to News Medical, coriander "also has some aldehydes that are found in soaps, detergents, and lotions as well as the bug family of insects."

"...most cilantro haters shared a particular group of olfactory receptor genes called *OR6A2* that has the capacity to identify the smell of aldehyde chemicals that are present in coriander leaves as well as soaps."

For more fun food facts, visit <https://www.eatfirst.com.au/en-au/c/blog/fun-facts-about-food>

All meals are served with Milk