## **MARCH 2021 Fairmont & Exeter Senior Centers** 402.268.2831 Tuesday Mondav Wednesday Thursday Friday **5** Salmon Fillet **1** Spaghetti with **2** Baked Chicken 3 Lemon Shrimp over 4 Liver & Onions Meat Sauce Linguini Pasta Mashed Potatoes Macaroni & Cheese Baked Potato Garden Salad Green Beans Broccoli Beets Mixed Veggies Peaches **Red Grapes** Pineapple Strawberries Applesauce Garlic Bread 8 Meatloaf **9** Smothered Pork Chops **10** Beef & Onion Pizza 11 Cheeseburger w/ fixins 12 Tuna Cakes Mashed Potatoes Garden Salad with **Cowboy Beans** Herb n Butter Pasta Wild Rice Tater Tots Broccoli Carrots Tomatoes & cucumbers **Tomato Wedges** Plums Pineapple Fruit Cocktail Pears Peaches 15 Chicken Strips 16 Beef Goulash **17** Chicken Fried Steak 18 Sausage Gravy/Biscuits **19** Cod Fillet Potatoes & Gravy Broccoli Potatoes & Gravy Green Beans Sweet Potato Fries Peas & Carrots Apricots Peas Fruit Salad **Cottage Cheese** Green Grapes **Dinner Roll** Fruit Cocktail Strawberries 25 Chicken Spaghetti Bake 22 Cabbage Roll Stew 23 Pork Cutlet 24 Grilled Turkey & Swiss **26** Salmon Patty Lettuce Salad Alfredo Pasta Potato Chips Green Beans French Fries Apricots Tomato Wedges **Baked Beans** Orange Mixed Veggies French Bread Garlic Bread Plums Peaches Banana 29 Hamburger Patty **30** Tater Tot Casserole 31 Chicken Noodle Soup Peanut Butter Sandwich Seasoned Fries Green Beans **Menu Subject First Day of Spring** Broccoli **Tossed Salad** Carrot Sticks w/ ranch To Change!!! Is \*\*\*\*\* March 20<sup>th</sup> **Red Grapes Bread Stick** Red Apple Milk & Bread Available!!!!