

# MARGARET TODD SENIOR CENTER

Call (415) 473-INFO (4636) for reservations.

# MARCH 2023 MENU

*Lunch Prepared by Community Action Marin. Menu is subject to change without notice. All meals include 1% Lowfat milk*

TUESDAY	THURSDAY
	<b>Mar 2</b> <b>Grilled Cheese with Roasted Tomato Soup* (V)</b> Celery and Carrot Sticks* Fresh Fruit+
<b>Mar 7</b> <b>Chicken Penne with Broccoli+*</b> Green Salad+* Applesauce	<b>Mar 9</b> <b>Turkey Quinoa Chili</b> Brown Rice Corn Salad Fresh Cantaloupe+*
<b>Mar 14</b> <b>Chicken, Squash, and Corn Fajita Stir Fry</b> Brown Rice Fresh Apple Slices	<b>Mar 16</b> <b>Chicken Spinach Pizza</b> Bell Pepper Slices+* with Ranch Fresh Orange Slices+
<b>Mar 21</b> <b>Oven-Fried Chicken</b> Brown Rice Pilaf Green Salad+* Fresh Fruit	<b>Mar 23</b> <b>Turkey Sloppy Joe</b> Whole Wheat Bun Steamed Green Beans Fresh Pear Slices
<b>Mar 28</b> <b>Green Chicken Enchiladas</b> Roasted Carrots* Fresh Pear Slices	<b>Mar 30</b> <b>Chicken Pozole</b> Cornbread Shredded Cabbage Fresh Kiwi+
<p><i>+ denotes vitamin C-rich foods</i></p> <p><i>* denotes vitamin A-rich foods</i></p> <p><i>V denotes vegetarian entrees</i></p>	<p>The Older Americans Act sets the eligibility for nutrition services at 60 years of age or older. Program participation is not limited with regard to race, color, national origin, gender, sexual orientation, gender identity or disability. Funded in part by the Older Americans Act, administered locally by the Marin County Dept. of Health and Human Services, Aging &amp; Adult Services</p>