

Rock Island County
(309) 788-6335









ROCK ISLAND COUNTY
Senior Center
A SERVICE OF PROJECT NOW

Mercer County
(309) 582-2644



MARCH 2010

MENU

MON	TUE	WED	THU	FRI
<p>1. MEATLOAF SWEET POTATO APPLE SAUCE BROWN RICE GRAPE JUICE</p> 	<p>2. CHICKEN CAESAR SALAD MANDARIN / ORANGES WHITE BREAD APPLE JUICE</p>	<p>3. SWEDISH - MEATBALLS BUTTER BEANS PEARS NOODLES CRANBERRY JUICE</p>	<p>4. CHEESE AND HAM MACARONI CARROTS FRUIT COCKTAIL ORANGE JUICE</p> 	<p>5. CARIBBEAN PORK BLACK BEANS PINEAPPLE WHOLE WHEAT BREAD APPLE JUICE</p>
<p>8. CHICKEN ALA KING GREEN BEANS MANDARIN / ORANGES BISCUIT CRANBERRY JUICE</p>	<p>9. BEEF STROGANOFF LIMA BEANS FRUIT COCKTAIL GRAPE JUICE</p>	<p>10. TURKEY WHIPPED POTATOES & GRAVY APRICOTS DINNER ROLL CRANBERRY JUICE</p>	<p>11. SWEET AND SOUR CHICKEN CARROTS PEACHES RICE APPLE JUICE</p> 	<p>12. SALISBURY STEAK PEAS APPLE SAUCE WHOLE WHEAT BREAD ORANGE JUICE</p>
<p>15. HOTDOG/BUN BAKED BEANS FRUIT COCKTAIL APPLE JUICE</p> 	<p>16. PORK CARROTS APPLE SAUCE BROWN RICE CRANBERRY JUICE</p>	<p>17. <u>BIRTHDAY</u> CHICKEN BREAST POTATOE & GRAVY PEARS DINNER ROLL ORANGE JUICE ORANGE CAKE ICE CREAM</p> 	<p>18. SPAGHETTI WITH MEAT SAUCE THREE BEAN SALAD PINEAPPLE GRAPEJUICE</p>	<p>19. BEEF STEW SPINACH PEACHES BISCUIT CRANBERRY JUICE</p> 
<p>22. TACO SALAD W/ CHIPS, LETTUCE AND CHEESE APRICOTS CRANBERRY JUICE</p> 	<p>23. ILLINI RITE LIMA BEANS PEACHES BUN ORANGE JUICE</p>	<p>24. BAKED HAM SWEET POTATO APPLE SAUCE WHOLE WHEAT BREAD GRAPE JUICE</p>	<p>25. CHIPPED BEEF PEAS FRUIT COCKTAIL BISCUIT APPLE JUICE</p>	<p>26. BBQ CHICKEN CREAM CORN PEARS BROWN RICE GRAPE JUICE</p>
<p>29. ROAST PORK BLACK BEANS PEARS BROWN RICE GRAPE JUICE</p>	<p>30. MEAT LOAF SWEET POTATO APPLE SAUCE WHOLE WHEAT BREAD APPLE JUICE</p>	<p>31. HOT DOG BAKED BEANS APRICOTS BUN ORANGE JUICE</p> 	<p>ALL MEALS ARE SERVED WITH MILK. HOME DELIVERED MEALS \$3.00 DONATION</p>	<p>THERE COULD BE SLIGHT VARIATIONS IN THE HOME DELIVERED MEALS MENU</p> 