





South Madison Coalition of the Elderly
 128 E. Olin Avenue Suite 110 251-8405
SOUTHSIDE SENIOR

MARCH 2010 PAGE 4
DINING CENTER
MENU

SUNDAY Madison Senior Center	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Dining  Fellowship, Food & Fun	1 Baked Chicken Gravy Dressing Vegetable Medley Apple Juice Pumpkin Bar	2 Baked Fish AuGratin Potatoes Beets Banana Bread Dessert	3 Hamburger Grilled Potatoes Corn Peaches Cake	4 Lasagna Tossed Salad Sliced Tomato Garlic Bread Mandarin Oranges	5 Roast Pork Gravy Rice Pilaf Vegetable Blend Bread Pears
7	8 Chicken Macaroni Bake Carrots Wheat Roll Banana Cake	9 Spaghetti & Meat Sauce Green Beans Garlic Bread Pineapple	10 Roast Turkey Sweet Potatoes Spinach Bread Fruit Cup	11 Cream of Potato Soup Crackers Tuna Salad on Wheat Bun Apricots Cookie	12 Baked Fish Cheesy Potatoes Glazed Baby Carrots Fresh Fruit Wheat Roll Pie
12:30p.m. 14 Baked Chicken Dressing Dilled Baby Carrots Seven Layer Salad Cranberries Muffin Pumpkin Pie	15 Beef Tips over Noodles Mixed Vegetables Bread Banana Cookie	16 Sliced Ham Pineapple Sauce Scalloped Potatoes Broccoli Bread Orange	17 Corned Beef Boiled Potatoes Cabbage and Carrots Rye Bread Cinnamon Sliced Apples Shamrock Cookie	18 Vegetable Lasagna Coleslaw Garlic Bread Fruit Cup	19 Shrimp Noodle Bake Beets Bread Orange Cookie
21	22 Bratwurst on Soft Bun Baked Beans Angel Food Cake with Strawberries	23 Great Northern Minestrone Crackers Ham & Cheese on Rye Jell-O with Fruit Cookie	24 Roast Beef Gravy Roasted Potatoes Roasted Vegetables Bread Pineapple	25 Pork Cutlet Gravy Roasted Red Potatoes Carrots Rye Bread Applesauce	26 Broccoli Cheese Soup Crackers Egg Salad on Wheat Bun Pears Cookie Packet
28 	29 Swiss Steak Rice Spinach Bread Apricots	30 Lasagna Green Beans Garlic Bread Bananas	31 Baked Chicken Baked Potato Sour Cream Peas & Onions Bread Peach		