










March Menu 2022
DINING ROOM - Meade County Senior Center

<p>February Winners: Carol W. (Minneluzahan) Thelma H. (Kadoka) February Answer Presents, greeting, fourteenth Friendship</p>	<p style="text-align: center;">Tuesday 1</p> <p>Chicken Cacciatore 1/2CS Baked Potato 1CS Italian Vegetables Applesauce 1 1/2CS Garlic Bread 1CS</p>	<p style="text-align: center;">Wednesday 2 Ash Wednesday</p> <p>Tuna Noodle Casserole 2CS Peas 1CS Corn 1CS Tropical Fruit 1CS Bread 1CS</p> 	<p style="text-align: center;">Thursday 3 Lunch Supports <i>Meade County Senior Center</i></p> <p>Hearty Bean and Ham Soup Minestrone Soup</p>	<p style="text-align: center;">Friday 4</p> <p>Macaroni & Cheese 2CS Stewed Tomatoes Mixed Vegetables 1/2CS Apricots 1CS Bread 1CS</p> 
<p style="text-align: center;">Monday 7</p> <p>Spanish Rice w/ Hamburger 3CS Seasoned Spinach Corn O'Brien 1CS Fruit Cocktail 1CS Bread 1CS</p> 	<p style="text-align: center;">Tuesday 8</p> <p>BBQ Chicken 1CS Company Potatoes 2CS Green Beans Pineapple Tidbits 1CS Bread 1CS</p>	<p style="text-align: center;">Wednesday 9 HAPPY BIRTHDAY</p> <p>Hamburger on a Bun 2CS Tater Tots 1CS Baked Beans 2CS Peaches 1CS Cake 3CS SF Ice Cream 1CS</p> 	<p style="text-align: center;">Thursday 10 Lunch Supports <i>Meade County Senior Center</i> Free Will Donation</p> <p>Chicken Alfredo Green Salad Garlic Breadstick</p>	<p style="text-align: center;">Friday 11</p> <p>Minestrone Soup 1CS Garlic Bread 1CS Cool Cucumber Salad Banana 2CS Jello w/Topping 1CS</p>
<p style="text-align: center;">Monday 14</p> <p>LS Ham Sweet Potatoes 1 1/2CS Brussel Sprouts Cooked Apples 1 1/2CS Bread 1CS</p>	<p style="text-align: center;">Tuesday 15</p> <p>Beef Noodle Stroganoff 2CS California Vegetables Tomato Juice 1CS Peaches w/Blueberries 1CS Bread 1CS</p> 	<p style="text-align: center;">Wednesday 16</p> <p>Chicken in Celery Sauce 1CS Parslied Potatoes 1CS Glazed Carrots 1 1/2CS Strawberries w/Topping 1CS</p>	<p style="text-align: center;">Thursday 17 Lunch Supports <i>Meade County Senior Center</i></p> <p>Cream of Potato with Bacon Soup Tomato Basil Bisque Soup</p>	<p style="text-align: center;">Friday 18</p> <p>Baked Fish 1CS Peas and Carrots 1CS Barley, Bean, Corn Salad 2CS Orange Wedges 1CS Cookie 2CS Bread 1CS</p>
<p style="text-align: center;">Monday 21</p> <p>Sausage Gravy over a Biscuit 2CS Green Beans Squash 1 1/2CS Peaches 1CS</p> 	<p style="text-align: center;">Tuesday 22</p> <p>Taco Salad w/Meat & Beans 2CS Pudding 1CS Cooked Apples 1 1/2CS Bread 1CS</p>	<p style="text-align: center;">Wednesday 23</p> <p>Parmesan Chicken 1CS Scalloped Potatoes 1 1/2CS Broccoli Fruit Cocktail 1CS Bread 1CS</p> 	<p style="text-align: center;">Thursday 24 Lunch Supports <i>Meade County Senior Center</i></p> <p>Chicken and Dumpling Soup Cheesy Broccoli Soup</p>	<p style="text-align: center;">Friday 25</p> <p>Homemade Tomato Soup 1CS Cold Cheese Sandwich 2CS Potato Salad 1CS Tropical Fruit 1CS</p>
<p style="text-align: center;">Monday 28</p> <p>Mexican Chicken Soup 1CS Tortilla Chips & Cheese 1CS Tossed Salad Tropical Fruit 1CS Bread 1CS</p>	<p style="text-align: center;">Tuesday 29</p> <p>Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Peas & Carrots 1CS Apricots 1CS Bread 1CS</p> 	<p style="text-align: center;">Wednesday 30</p> <p>Chicken ala King 1CS over Biscuit 1CS Oriental Vegetables Pineapple Tidbits 1CS Fortune Cookie 1CS Bread 1CS</p>	<p style="text-align: center;">Thursday 31 Lunch Supports <i>Meade County Senior Center</i></p> <p>Chicken Enchilada Soup Vegetable Bisque Soup</p>	<p style="text-align: center;">Puzzle of the Month Solve the riddles below.</p> <ol style="list-style-type: none"> 1. What kind of bow can't be tied? 2. Where can you always find gold? 

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1- 2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

**All canned fruit is in light syrup & **Fat free dressing is served with salad

***MENU SUBJECT TO
 CHANGE WITHOUT NOTICE***

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

HERITAGE ACRES KITCHEN AT 605-561-0159

24 HRS. IN ADVANCE

Please leave your name, and what day