



# MARCH



				<p><b>1</b>  <b>Grilled Chicken Sandwich</b>  <b>Beets</b>  <b>Carrots w/Dip</b>  <b>Warm Applesauce</b>  <i>TC – Birthday Dessert Kingsley</i>  <b>Special pizza lunch</b>  <b>12:30 p.m., \$3/pp</b></p>
<p><b>4</b>  <b>Salisbury Steak w/ Gravy</b>  <b>Mashed Potatoes</b>  <b>Prince Charles Blend Vegetables</b>  <b>Mixed Fruit</b>  <b>Dinner Roll</b></p>	<p><b>5</b>  <b>Creamy Chicken a la King over Biscuit</b>  <b>Capri Blend</b>  <b>Scalloped Apples</b>  <b>Cookie</b></p>	<p><b>6 Ash Wednesday</b>  <b>Macaroni &amp; Cheese</b>  <b>Stewed Tomatoes</b>  <b>Peas</b>  <b>Grapes</b>  <b>Dinner Roll</b>  <i>Fife Lake Lunch Kingsley – Birthday Dessert</i></p>	<p><b>7</b>  <b>Hot Roast Beef Sandwich on a Bun</b>  <b>Butternut Squash</b>  <b>Corn</b>  <b>Peaches</b>  <i>Interlochen – Birthday Dessert</i></p>	<p><b>8</b>  <b>Egg &amp; Cheese Omelet</b>  <b>Rosemary Potatoes</b>  <b>Fiesta Blend</b>  <b>Vegetables</b>  <b>Pineapple</b></p>
<p><b>11</b>  <b>Tasty Baked Fish</b>  <b>Succotash</b>  <b>Sautéed Spinach</b>  <b>Blueberries</b>  <b>Dinner Roll</b></p>	<p><b>12</b>  <b>Sweet &amp; Sour Pork</b>  <b>Vegetable Rice Pilaf</b>  <b>Key West Blend</b>  <b>Vegetables</b>  <b>Tropical Fruit</b>  <b>Dinner Roll</b></p>	<p><b>13</b>  <b>Corn Beef &amp; Cabbage</b>  <b>Red Skin Potatoes</b>  <b>Fresh Pear</b>  <b>Green Jello</b>  <b>Dinner Roll</b></p>	<p><b>14</b>  <b>Honey Mustard Chicken</b>  <b>Mashed Sweet Potatoes</b>  <b>Peas</b>  <b>Banana Bread</b></p>	<p><b>15</b>  <b>Pasta w/Marinara Sauce</b>  <b>Cottage Cheese</b>  <b>Wax Beans</b>  <b>Mixed Vegetables</b>  <b>Diced Peaches</b>  <b>Garlic Bread</b></p>
<p><b>18</b>  <b>Hot Turkey Sandwich w/Bun</b>  <b>Mashed Potatoes</b>  <b>Peas &amp; Pearl Onions</b>  <b>Sweet Cherries</b></p>	<p><b>19</b>  <b>Cabbage Roll w/ Meat Sauce</b>  <b>Green Beans w/ Almonds</b>  <b>Lettuce &amp; Spinach Salad</b>  <b>Fresh Orange</b>  <b>Dinner Roll</b></p>	<p><b>20</b>  <b>Baked Chicken</b>  <b>Au Gratin Potatoes</b>  <b>Winter Squash</b>  <b>Mandarin Oranges</b>  <b>Bread</b>  <i>Fife Lake Lunch and Birthday Dessert</i></p>	<p><b>21</b>  <b>Swiss Steak w/Gravy</b>  <b>Mashed Potatoes</b>  <b>Herbed Carrots</b>  <b>Fruit Cocktail</b>  <b>Brownie</b>  <b>Dinner Roll</b></p>	<p><b>22</b>  <b>Baked Fish Sandwich</b>  <b>Tater Tots</b>  <b>Key West Blend</b>  <b>Sliced Pears</b></p>
<p><b>25</b>  <b>Chicken w/ Mushroom Gravy</b>  <b>Red Skin Mashed Potatoes</b>  <b>Beets</b>  <b>Fresh Apple Bread</b></p>	<p><b>26</b>  <b>Hamburger on a Bun</b>  <b>Baked Beans</b>  <b>Wax Beans</b>  <b>Fresh Pear</b></p>	<p><b>27</b>  <b>Roast Pork</b>  <b>Mashed Potatoes</b>  <b>Creamy Cole Slaw</b>  <b>Banana</b>  <b>Dinner Roll</b></p>	<p><b>28</b>  <b>Tender Beef Tips Over Noodles</b>  <b>Capri Blend</b>  <b>Green Beans</b>  <b>Grapes</b>  <b>Dinner Roll</b></p>	<p><b>29</b>  <b>Shepherd's Pie</b>  <b>Mashed Potatoes</b>  <b>Brussels Sprouts</b>  <b>Mixed Fruit</b>  <b>Dinner Roll</b>  <b>Butterscotch Pudding</b></p>

Milk is served with all meals. This menu is subject to change. \$3 suggested donation for those 60+; \$5 charge for those under 60. The Michigan Department of Aging and Adult Services provides the regulations regarding this menu.

**To reserve or cancel meals in Traverse City, call 231-947-5285; in Interlochen and Kingsley; call 231-922-2080, in Fife Lake; call 231-879-4101.**