



# MARCH 2025

# Dining Room Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
[3] Swedish Meatballs Pasta Green Beans Peaches Focaccia Bread	[4] Orange Chicken Rice Snap Peas Pineapple Rings Fortune Cookie	[5] <u>Breakfast Bowl</u> <i>Eggs—Sausage—Potatoes</i> Mixed Veggies Orange Wedges Biscuit	[6] Enchirito Bean & Cheese Spanish Rice Chuck Wagon Corn Fruit Chips & Salsa	[7] Spaghetti with Meat Sauce Italian Vegetable Garlic Toast Fruit
[10] BBQ Chicken Roasted Potatoes Mixed Vegetable Biscuit Fruit	[11] Korean Meatballs White Rice Peas & Carrots Naan Bread Tropical Fruit	[12] White Fish Steamed Rice Broccoli Orange Wedges Sour Dough	[13] Meatloaf Mashed Potatoes Ketchup Mixed Vegetable Dinner Rolls Peaches	[14] Veggie Lasagna Brussels Sprouts Tropical Fruit Garlic Toast
[17]  <b>Corn Beef</b> <b>Cabbage</b> <b>Red Potatoes</b> <b>Peas</b> <b>Rye Bread</b>	[18] Chili Con Carne Rice Corn Corn Bread Three Bean Salad	[19] Teriyaki Chicken Rice Carrots Naan Bread Fruit Cocktail	[20] Frittata Red Potatoes Carrots Apple Sauce Biscuit	[21] Chicken Parmesan Pasta Green Beans Focaccia Bread Tropical Fruit
[24] Salisbury Steak Red Potatoes Peas & Carrots Pears Focaccia	[25] Fajita Chicken Spanish Rice Southwest Corn Fruit Chips & Salsa	[26] Salmon Steamed Rice Broccoli Orange Wedges Rosemary Bread	[27] Honey Mustard Chicken Rosemary Potatoes Carrots Cole Slaw Biscuit	[28] Cheese Ravioli Marinara Sauce Broccoli Pears Garlic Toast
[31] Chicken Tenders Jojo's Peas Fruit Garlic Toast				

### **Would you like to better manage your chronic condition?**

Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions by allowable costs such as: doctor bills, prescription drugs, over-the-counter medication, and dentures.



Call 2-1-1 or North West Senior &  
Disability Services at:  
**(503) 304-3420**