



Waynesboro Senior Center Lunch Calendar

Peggy Moore, Meals Coordinator – 540-942-1838

March
2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Roasted Chicken 2) Sage Dressing Navy Beans Sweet Potatoes Fruit	Garlic Herb Pork Loin 3) Stewed Tomatoes Turnip Greens Fruit	Lasagna 4) Mixed Green Salad Brussels Sprouts Fruit	Hamburger on a Bun 5) Lettuce, Tomato, Onion Scalloped Potatoes Baked Beans Fresh Berries Banana Muffin
Potato Crunch Pollack 9) Rice Pilaf Pinto Beans Collard Greens Peach Slices	Pork Cutlet 10) Sage Dressing Butter Beans Coleslaw Fruit	Chicken Salad 11) Sliced Tomato and Lettuce Potato Salad Pickle Orange	Spaghetti Marinara 12) Broccoli Tossed Salad Fruit
Sliced Ham 16) Baked Sweet Potatoes Broccoli Fresh Fruit Oatmeal Cookie	Barbequed Chicken 17) Mashed Potatoes Baked Beans Fruit Corn Bread	Turkey 18) Sage Dressing Kale Cauliflower Au Gratin Fruit Dessert	Cheddar Baked Fish 19) Rice Tuscan Bean Salad Carrots Fruit
Oven Fried Chicken 23) Great Northern Beans Harvard Beets Fruit Blueberry Muffin	Beef Tips with Gravy 24) Brown Rice Mashed Pumpkin Spinach Fruit Orange Cake	Turkey Salad Platter 25) Mixed Green Salad Pasta Salad with Vegetables Fruit	Baked Fish Filet 26) Rice Stewed Tomatoes Pinto Beans Fruit
Meatloaf with Tomato Gravy 30) Sage Dressing Butter Beans Glazed Carrots Fruit	Chicken Stir Fry 31) Oriental Vegetables Brown Rice Mixed Greens Mandarin Oranges		

Your voluntary, confidential contribution to cover a portion of the cost of your meal is truly appreciated.



“For every minute you are angry, you lose sixty seconds of happiness.”

– Ralph Waldo Emerson

*In order to provide a balanced meal, our menu features milk each day and often a bread selection.