BELTON SENIOR CENTER SHELLY
816-348-7410 24 HR, NOTICE FOR
RESERVATION OR CANCELLATIONS

MARCH 2019

MONDAY	TUESDAY	WEDENSDAY	THURSDAY	FRIDAY 3-1
				PORK CABBAGE SAUTE HERB ROASTED CAULIFLOWER WHEAT ROLL ORANGE 1% MILK
MONDAY 3-4	TUESDAY 3-5	WEDNESDAY 3-6	THURSDAY 3-7	FRIDAY 3-8
ROAST BEEF CHEESY GRITS GREEN BEANS BREAD STRAW&PEARS 1% MILK	ARTICHOKE CHICK / W ARTICHOKE SAUCE WILD RICE ANAHEIM SALAD WHEAT ROLL CINN APPLES 1% MILK	BBQ PULL PORK BAKED BEANS BROCCOLI WHEAT BUN STRAW/PEACHES BBQ SAUCE 1% MILK	VEG BEEF STEW SQUASH MEDLEY WHITE ROLL CHOC PUDDING RAISIN BOX 1% MILK	CHICK SANDWICH COIN CARROTS SWEET POTATO WEDGES TOM/ ONION/LETT WHEAT BUN BANANA
MONDAY 3-11	TUESDAY 3-12	WEDNESDAY 3-13	THURSDAY 3-14	Friday 3-15
TACO SALAD PINTO BEANS LETT/TOM/ONION/ CHEESE TACO CHIPS MAND ORANGES 1% MILK	LENTIL VEG SOUP 1/2 TURKEY SAND KALE VEGGIE SALAD LEAF LETT/TOMATO/ RED ONION SLICES STRAW/PINEAPPLES 1% MILK	CHIC BROC BROWN RICE CASSAROLE IT BLEND VEGS WW BREADSTICKS BAKED APPLE 1% MILK	SPAGHETTI WITH MEATSAUCE BROCCOLI SALAD MIX WHEAT BREADSTICK ORANGE 1% MILK	FRIED CHICKEN LEGS MASH POT W GRAVY GREEN BEANS WHEAT ROLL CAKE AND ICE CREAM 1% MILK
MONDAY 3-18	TUESDAY 3-19	WEDNESDAY 3-20	THURSDAY 3-21	FRIDAY 3-22
MEATLOAF POT AND GRAVY GREEN BEANS WHEAT ROLL PINEAPPLE 1% MILK	PORK STEW HONEY ROASTED PARSNIP ORANGE WHEAT ROLL 1% MILK	HAM & BEANS / W ONIONS COLLARD GREENS CORN MUFFIN FRUIT JELLO 1% MILK	LEMON ROAST CHICK VEG RISOTTO BRAISED RED CABBAGE BREADSTICKS APRICOTS COOKIE 1%MILK	BEEFY BUTTER NUT SQUASH BLEND VEGS WHEAT ROLL STRAW/PEARS 1% MILK
MONDAY 3-25	TUESDAY 3-26	WEDNESDAY 3-27	THURSDAY 3/28	FRIDAY 3-29
SCRAMBLE EGGS TURK SAUSAGE O'BRIEN POTATOE OATMEAL W APPL RAISIN BREAD ORANGE JUICE 1% MILK	PUB CHEESE- BURGER/W/TOM ONIONS/LETT POT WEDGES MARIN VEG SALAD WHEAT BUN DICED PEARS 1% MILK	BLACKEN TILAPIA WITH PEPPERS MAC & CHEESE BROCCOLI RYE BREAD DICED PEACHES SUGAR COOKIES 1% MILK	BEEF & BEAN CHILI CHEESE/ONION APPLE JICAMA SLAW STRAW/PINE CRACKERS 1% MILK	TURKEY W/ GRAVY MASH GARLIC POTATOES CRANBERRY BRUSSEL SPROUTS WHEAT ROLL ORANGE 1% MILK