







Wood County Senior Citizens Association, Inc.

914 Market Street
Suite 106
Parkersburg, WV 26101
Phone: 304-485-6748
Fax: 304-485-8755

 WWW.WCSCWV.ORG

MARCH 2018 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change due to availability of product. Lunch is served Monday - Friday from 11:20 AM - 12:00 PM Please sign up the prior day to ensure that enough food is prepared. Suggested donation based on monthly income, please refer to chart at the center or on our website.</p>			<p>1 Beef Burrito Bowl Black Beans Corn Tortilla Chips & Salsa Mixed Fruit Milk</p>	<p>2 Oven Fried Chicken Baked Beans Carrots Citrus Fruit Salad Milk</p>
<p>5 Soupbeans & Ham Spinach Cornbread Banana Milk</p>	<p>6 Sloppy Joes with Cheese Green Beans Corn Yogurt Milk</p>	<p>7 Chicken Pot Pie Salad with Cheese & Dressing Hot Cinnamon Apples Milk</p>	<p>8 Potato Soup Hamburger with Lettuce & Tomato Apricots Milk</p>	<p>9 Salsbury Steak & Gravy Rice Mixed Vegetables Tropical Fruit Mix Roll Milk</p>
<p>12 Pigs In A Blanket Rosemary Redskin Potatoes Apple Milk</p>	<p>13 Fish Sandwich with Cheese & Tartar Sauce Peas Peaches & Cottage Cheese Milk</p>	<p>14 Ziti & Meatballs Salad with Cheese & Dressing Stewed Apples with Raisins Breadstick Milk</p>	<p>15 Grilled Chicken Sandwich Vegetable Soup & Crackers Blueberries Milk</p>	<p>16 Cabbage Rolls Mashed Potatoes Applesauce Milk ST. PATRICK'S DAY MEAL </p>
<p>19 Chicken Tenders & Dipping Sauce Black Eyed Peas & Rice Mixed Vegetables Yogurt Milk</p>	<p>20 Pork Chops & Gravy Mashed Potatoes Corn Peaches Milk 1ST DAY OF SPRING </p>	<p>21 Stuffed Pepper Casserole Brussel Sprouts Mixed Fruit Bread Milk</p>	<p>22 Chicken & Noodles Broccoli Pineapple Roll Milk</p>	<p>23 Salmon Filet with Rice Mixed Vegetables Strawberries Milk</p>
<p>26 Manicotti with Meat Sauce Peas & Carrots Breadstick Banana Pudding Milk</p>	<p>27 Meatloaf Scalloped Potatoes Green Beans Mixed Fruit Bread Milk</p>	<p>28 Lemon Pepper Chicken Mixed Vegetables Peach Crisp Milk</p>	<p>29 Cheeseburger Noodles Corn Mandarin Oranges Milk</p>	<p>30 Ham Scalloped Potatoes Green Beans Pie Roll Milk GOOD FRIDAY </p>