

MARCH

Menu

1% Milk Served With Each Meal


Leprechaun's Lucky Dip

You will need:

- 1 cup sour cream
- 1/2 cup mayonnaise
- 1 package onion soup mix
- 4 large avocados, mashed to a paste
- 1 (10 ounce) box frozen spinach, thawed, squeezed dry, and chopped
- 1/4 cup green onions (green stalks only), finely diced

1. In a medium bowl, mix sour cream, mayonnaise, and onion soup mix until combined. Allow to chill for 1 hour.
2. Stir in avocado, spinach, and green onions until combined.
3. Serve immediately with potato chips or crackers.

Please call **687-4640** when you will not be home to receive your home delivered meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dietary Tips Choose Plenty of Fruits And vegetables. They are low in calories and high in vitamins. Strive for 5 serving a day.</p>	<p>Exercise Tips You need at least 30 minutes of exercise a day. It helps maintain cholesterol, and blood pressure levels. It also helps maintain weight.</p>	<p>Menu For Home Bound For March 22nd Bean Soup 8oz Cole Slaw Cornbread Margarine Tropical Fruit</p>		<p><u>1</u> BBQ Pulled Chicken Cheesy Potatoes Sliced Carrots Banana Whole Grain Bun</p>
<p><u>4</u> Baked Chicken Breast Mixed Vegetables Cabbage Wheat Bread Margarine Applesauce</p>	<p><u>5</u> Pot Roast Parsley Potatoes Sliced Carrots Dinner Roll Margarine Fresh Apple</p>	<p><u>6</u> Pimento Cheese White Bread Cream of Broccoli Soup Sliced Peaches Saltines</p>	<p><u>7</u> BBQ Pulled Pork Lima Beans California Blend Vegetables White Bread Pudding Pickles</p>	<p><u>8</u> Peanut Butter 2oz White Bread Vegetable Soup Cinnamon Applesauce Saltines</p>
<p><u>11</u> Italian Parmesan Chicken Potatoes Au Gratin Chopped Spinach White Bread Margarine Applesauce</p>	<p><u>12</u> Polish Sausage Parley Potatoes Sliced Carrots Dinner Roll Margarine Fresh Apple</p>	<p><u>13</u> Sliced Ham Wheat Bread Potatoes Soup Mixed Fruit Saltines Mayo</p>	<p><u>14</u> Cheeseburger Whole Grain Bun Baked Beans Coleslaw Baked Apples Ketchup Onions</p>	<p><u>15</u> Tuna Salad White Bread Mixed Bean Soup Mandarin Oranges Saltines</p>
<p><u>18</u> Chicken Tetrizzini 6oz Italian Blend Wheat Bread Jell-O W/ Fruit Vinegar</p>	<p><u>19</u> Beef Frank Whole Grain Bun Roasted Potatoes Green Beans Baked Apples Mustard</p>	<p><u>20</u> Pork Roast Stuffing California Blend Whole Wheat Bread Margarine Chilled Yogurt</p>	<p><u>21</u> Breaded Pork Chop Sweet Potatoes Peas & Carrots Wheat Bread Margarine Fruit Crisp</p>	<p><u>22</u> Theme Day Pepperoni Pizza Tossed Salad Salad Dressing Pineapple See menu for home bound above</p>
<p><u>25</u> Ham Salad 2oz White Bread Vegetable Soup Saltines Mandarin Oranges</p>	<p><u>26</u> Breaded Chicken Wheat Bun Brussels Sprouts Hominy Mixed Fruits Mayo</p>	<p><u>27</u> Sliced Ham Wheat Bread Potato Soup Saltine Pineapple Mayo</p>	<p><u>28</u> Pot Roast Mashed Potatoes Sliced Carrots Wheat Bread Margarine Fresh Oranges</p>	<p><u>29</u> Pinto Beans 6oz Buttered Corn Mixed Greens Cornbread Margarine Pear Sause Vinegar</p>

Enjoy lunch at one of Daviess County's Nutrition Sites:

Adams Village:	M, W, F at 11:30 am
M.A.C.:	M – F at 11:15 am
Park Regency:	M, W, Th at 11:30 am
Roosevelt II:	M, W, F at 11:30 am
Whitesville:	T – F at 11:30 am

Donations help provide additional meals at each congregate site. **The Suggested Donation is \$1.50 for meals.** The total cost of the meal is \$4.93. Anyone under the age of 60 who is not a spouse or dependent of a participant must pay full amount and wait to be served until all participants receive their meals