

Victoria Senior Citizens Center & Meals on Wheels Victoria Menu

March 2019

Main Site (7 am - 3 pm)
603 E. Murray Street @ South Navarro
361-576-2189

Satellite Site (8 am – 12:30 pm)
4009 Halsey Street (Off of Crestwood)
361-575-2865

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Steak Burger Onion & Pepper Corn Zucchini & Tomatoes Mandarin Oranges	2
3	4 Smoked Sausage & Sauerkraut Creamed Corn Green Salad Roll Spice Cake	5 Salisbury Steak with Gravy Whipped Potatoes Carrots Roll Fruit	6 Smothered Chicken Breast Rotini Pasta Broccoli Roll Chocolate Mousse & Whip Topping	7 Marinated Beef Roasted Root Vegetables Sliced Tomatoes Fruit Salad	8 Crispy Baked Catfish Hushpuppies Coleslaw Pinto Beans Brownie	9
10	11 Baked Ham Candied Sweet Potatoes Spinach Casserole Green Salad Roll Carrot Cake	12 Mild Chili Con Carne Chop Onion & Cheddar Garnish White Rice Okra & Tomatoes Fruit Gelatin	13 Garlic Stuffed Chicken Whipped Potatoes Green Salad Roll Oatmeal Cookie	14 Beef Stew With Potatoes & Carrots Broccoli & Raisin Salad Cornbread Apple Cobbler	15 Chicken Alfredo Fettuccini Pasta Zucchini & Tomatoes Green Salad Garlic Bread Sliced Peach & Blueberry Cup	16
17	18 Meatloaf Brown Gravy Whipped Potatoes Carrots Roll Banana Pudding with Wafers	19 Jamaican Jerk Pork Loin White Rice Sautéed Cabbage Roll Chocolate Cake	20 Chicken Vegetable Soup Baked Sweet Potato Roll Fruit Crisp	21 Hamburger on Bun Cheese Slice Lettuce, Tomato & Pickles Potato Salad Carrot/Celery Sticks Applesauce Cake	22 Arroz con Pollo Pinto Beans Stir-Fry Vegetables Tortilla Vanilla Pudding	23
24/31	25 Spaghetti & Meat Sauce Parmesan Cheese Green Beans Green Salad Garlic Bread Fruit	26 Rosemary Garlic Pork Loin Collard Greens Black Eyed Peas Cornbread Peach Crisp	27 Chicken Pot Pie Green Salad Roll Rice Krispies Bar	28 Turkey Sandwich Lettuce & Tomatoes Potato Salad Chips Fruit	29 Crispy Baked Catfish Okra & Tomato Macaroni & Cheese Chocolate Pudding	30 Menu by: Stephanie Whitley, RDN, LD

Low Fat Milk offered w/each meal.

Everyone 60 and older is welcome (\$3.00 suggested donation). 59 and under: \$7.25

Lunch is served at 11 am.

victoriaseniorcitizens.org