

# SYLVANIA SENIOR CENTER LUNCH MENU

MARCH 2019

Lunch is served 11:30 am - 12:15 pm

Donation : \$2.50 ages 60+ / \$5.62 under 60 years of age.

Reservation by NOON the day before you wish to eat.

Call 419.885.3913 to make reservations.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Vitamin B12 and Healthy Aging

Vitamin B12 is an important nutrient that helps your body create red blood cells. It also keeps your nervous system healthy. As the body ages, it has trouble absorbing B12 and this could create a deficiency in older adults. Food Sources of Vitamin B12 include: meat, fish, poultry, eggs, milk, liver, and fortified cereal. Low levels of B12 can contribute to loss of appetite, mental confusion, mild depression, weakness, and fatigue.

*Adapted from nlm.nih.gov*

## Food Allergy Reference List Available @ 419-382-5791

A: Beef Spaghetti Casserole  
B: Spinach Lasagna  
Green Peas  
Texas Bread  
Peach Crisp/Diet: Hot Peaches  
Milk | Margarine

4  
A: Sausage w/Onions & Peppers  
B: Chicken Breast  
Penne Pasta  
Spring Vegetables  
Hot Dog Bun/Hamburger Bun  
Fresh Fruit  
Milk

5  
A: Cranberry Dijon Chicken  
B: Creole Beef Patty  
Baked Sweet Potato  
Broccoli  
Wheat Bread  
Pears  
Milk | Margarine

### ASH WEDNESDAY MEAL

6  
A: Macaroni & Cheese  
B: Beef Italian Macaroni  
Green Beans  
Parslied Carrots  
Garlic Texas Bread  
Fresh Fruit  
Milk | Margarine

7  
A: Chicken Noodle Casserole  
B: Beef & Bow Tie Casserole  
Whole Kernel Corn  
Green Beans  
Dinner Roll  
Fresh Fruit  
Milk | Margarine

8  
A: Sausage Patty  
B: Broccoli Spinach Egg Bake  
Oven Roasted Potatoes  
Orange Juice  
Biscuit  
Apple Raisin Compote  
Milk | Margarine | Jelly

11  
A: Veal Marsala  
B: Honey Mustard Chicken  
Whipped Potatoes  
Green Peas & Red Peppers  
Multi Grain Bread  
Applesauce  
Milk | Margarine

12  
A: BBQ Chicken  
B: Beef Patty  
Crispy Cubed Potatoes  
Green Beans  
Hamburger Bun  
Fresh Fruit  
Milk | Margarine

## NO LUNCH SERVED BY VALLEY SERVICES DUE TO OUR ANNIVERSARY WEEK LUNCHEON

14  
**ST. PATRICK'S DAY MEAL**  
A: Chicken Thigh w/Gravy  
B: Corned Beef w/Cabbage  
Red Potatoes  
Sliced Carrots  
Rye Bread  
Cherry Whip/Diet: Pudding  
Milk | Margarine

15  
A: Mushroom Chicken  
B: Macaroni & Cheese  
Stewed Tomatoes  
Mixed Vegetables  
Wheat Bread  
Fresh Fruit  
Milk | Margarine

18  
A: Meatloaf w/Gravy  
B: Pineapple Glazed Chicken  
Cheesy Whipped Potatoes  
Green Beans  
Dinner Roll  
Fresh Fruit  
Milk | Margarine

19  
A: Chicken Rice Casserole  
B: Creole Beef Patty  
Carrots Amandine  
Broccoli  
Multi Grain Bread  
Fresh Fruit  
Milk | Margarine

20  
A: Pork w/Supreme Sauce  
B: Turkey w/Supreme Sauce  
Garden Rotini  
Green & Red Cabbage  
Wheat Roll  
Pineapple Tidbits  
Milk | Margarine

21  
A: Fried Chicken Patty  
B: Ham & White Beans  
Whipped Sweet Potatoes  
Mixed Vegetables  
Multi Grain Bread  
Mandarin Oranges  
Milk | Margarine

22  
A: Beef Fiesta Macaroni  
B: Chilaquiles Casserole  
Spinach  
Stewed Tomatoes  
Wheat Roll  
Birthday Cake/Diet: Cake  
Milk | Margarine

25  
A: Lemon Pepper Chicken  
B: Teriyaki Meatballs  
Parslied Potatoes  
Brussels Sprouts  
Wheat Bread  
Fresh Fruit  
Milk | Margarine

26  
A: Cranberry Dijon Chicken  
B: Calypso Pork  
Au Gratin Rotini  
Mixed Vegetables  
Wheat Bread  
Fruit Cocktail  
Milk | Margarine

27  
A: Beef Chili  
B: BBQ Chicken Breast  
Baked Potato  
Green Peas  
Breadstick  
Pears  
Milk | Margarine

28  
A: Sliced Turkey w/Gravy  
B: Salisbury Patty w/Pepper Gravy  
Country Potatoes  
Capri Vegetables  
Wheat Roll  
Fresh Fruit  
Milk | Margarine

29  
A: Beef & Bowtie Casserole  
B: Pasta Primavera  
Green Beans & Red Peppers  
Sliced Carrots  
Garlic Texas Bread  
Oatmeal Cookie/Diet: Cookies  
Milk | Margarine