



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING MILWAUKEE CHRISTIAN CENTER



807 S. 14th STREET

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>11:30 LUNCH</h1> <p>RESERVATIONS REQUIRED 9:30-11:30 24-HOUR NOTICE</p> <p>902-5384</p>			Like us on facebook. \$3.00 ⁶⁰⁺ Suggested Contribution <p>GUEST: \$8.00</p>	Italian Bratwurst/Bun ¹ Romaine Salad w/Garbanzo Beans Sweet Potatoes Rice Chilled Peaches
Baked Ham ⁴ Cheesy Potatoes Green Beans Rice Oatmeal Cookie Pineapple Chunks	Fried Chicken Wings ⁵ Roasted Tomatoes Steamed Cabbage Potato Salad Fresh Pear Sugar Cookie	Baked Pork Chops ⁶ w/ Onions & Herbs Taro Carrot Blend Brown Rice Tropical Fruit Cocktail	Grilled Chicken Breast ⁷ French Style Green Beans Garden Salad Rice Peach Slices Jello	Ginger Beef Stir-Fry ⁸ Squash Medley Spinach Salad Rice Fresh Fruit
Chicken Drumstick ¹¹ Sautéed Brussels Sprouts French Fries Rice Gala Apple	Corn Meal Fish Fry ¹² Wisconsin Vegetables Winter Squash Rice Pears	Gourd Soup ¹³ Asian Chicken Salad Rice Chef Blend Vegetables Black Bean Brownie	Pork Cabbage Rolls ¹⁴ Snow Pea Medley Rice Quinoa & Bean Salad Mandarin Oranges	Homemade Pizza ¹⁵ Garden Salad Garlic Bread Cauliflower Medley Tropical Fruit Cocktail
Baked Chicken ¹⁸ Bahama Vegetables Mixed Green Salad Rice Red Delicious Apple Peanut Butter Cookie	Shrimp Stir-Fry ¹⁹ w/Baby Corn & Snow Peas Steamed Vegetables Rice Cantaloupe Sugar Cookie	Tofu Soup ²⁰ Pepper Steak Chayote Rice Mandarin Oranges	Pork Spare Ribs ²¹ Stir-Fry Cabbage Asian Garden Salad Rice Mini Asian Banana	Chicken Stir-Fry ²² w/Mushroom & Cabbage Spinach Salad w/Garbanzo Beans Carrot Medley Rice Fresh Orange
Beef Tips w/Gravy ²⁵ Egg Noodles Broccoli Rice Garden Salad w/Garbanzo Beans Mandarin Oranges	Pub Cheeseburger ²⁶ on a Bun Crinkle-Cut Fries Garden Side Salad Sugar Cookie Fresh Apple	Pork Chicharron w/ Mustard Green Soup ²⁷ Beef Salad Yellow & Green Squash Rice Honeydew Melon	Mock Chicken Leg ²⁸ Gravy Corn Sweet Potatoes Rice Chilled Pineapple	Roasted Turkey ²⁹ Gravy Mashed Potatoes Brown Rice Yellow & Orange Carrot Blend Apple Pie

NATIONAL NUTRITION MONTH® MARCH 2019

Word Search for Adults

Words may be horizontal, vertical, diagonal, or backwards.

www.eatright.org

#NationalNutritionMonth

1. Almond
2. Basil
3. Cauliflower
4. Dill
5. Eggs
6. Feta
7. Gumbo
8. Ham
9. Jicama
10. Kiwi
11. Lobster
12. Mushroom
13. Nutmeg
14. Okra
15. Paprika
16. Quinoa
17. Radish
18. Swiss Cheese
19. Tomatillo
20. Vanilla
21. Wasabi
22. Yam
23. Zucchini

A N Y A M A I N I H C C U Z A P
 T L E B A S I L M G E I S I H A
 E L M T M O C I M E G Y P
 F I B O I U A S E F M U R
 U D I K R E S R I F Q S K E T I
 T S O R A P E D N K O R A I M W H E A
 O H P A G R A P E K V L H T A I M W H E A
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 O T C A U R E P L V A N I L A Y S E
 Q T H R E E P L V A N I L A Y S E
 G U M B O L A N I L A Y S E

