

Memorial Hospital
Of Union County

Community Meals

MENU

MARCH 2009

Monday Mar. 2
Johnny Marzetti
Cottage Cheese
Green Beans
Cookie
Mix Fruit
Diet Fruit

Tuesday, Mar. 3
Open faced Turkey
Mashed Potatoes
Asparagus
Apricots
Diet Apricots

Wednesday, Mar. 4
Tomato Juice
Taco Salad
Applesauce
Baked Custard
Diet Custard

Thursday, Mar. 5
BIRTHDAY
Baked Ham
Au Gratin Potatoes
Asian Blend / Roll
Cake & Ice Cream
Come at 11:00 for
"Name that Tune "

Friday, Mar. 6
Chicken Paprika
Harvest Veg. Pilaf
Peas
Pear Halves
Diet Pears

Mar. 9
Hot Chicken Sand.
Potato Wedges
Creamed Corn
Sliced Peaches
Diet Peaches

Mar. 10
Meat Loaf
Hash Browns
Lima Beans
Fruit Ambrosia
Diet Ambrosia

Mar. 11
Chicken/Noodles
Mashed Potatoes
Broccoli
Plums
Diet Plums

Mar. 12
Hamburger / Bun
Potato Salad
Peas and Carrots
Banana Fruit Cup
Diet Fruit

Mar. 13
Fish Au Gratin
Potato Wedges
Green Beans
Rosy Applesauce
Diet Apple sauce

Mar. 16
Home-style Chicken
Au Gratin Potatoes
Broccoli / Cheese
sauce
Blushing Pear Halves
Diet "

Mar. 17
ST. PATRICK'S DAY
Ham & Cabbage
Boiled Potatoes
Savory Green Beans
Rye Bread
Cake / Diet Cake

Mar. 18
Dried Beef / Gravy
Mashed Potatoes
Vegetables / Cheese.
Biscuit/Honey
Sliced Peaches / Diet

Mar. 19
Tater Tot Casserole
Lima Beans
Rye Bread
Cottage Cheese
Peach/Apricot Slice
Diet "

Mar. 20
Baked Ham
Sweet Potato
Peas / Dinner Roll
Bing Cherries
Diet "

Mar. 23
Baked Fish
Potato Wedges
Carrot Coins
Biscuit/Honey
Mix Fruit
Diet "

Mar. 24
Macaroni / Cheese
Sausage
Stewed Tomatoes
Cookie
Sliced Pears / Diet

Mar. 25
Chopped Sirloin
Mashed Potatoes/ Gravy
Escalloped Cabbage
Sliced Peaches/Diet

Mar. 26
Escalloped Chicken
Baked Pot / Sour Cream
Mixed Vegetables
Cookie
Rosy Applesauce
Diet "

Mar. 27
Chilli
Pim-Cheese Sandwich
Relish Plate
Brownie
Bing Cherries/ Diet

Mar 30
Breaded Veal
Sandwich
Macaroni Salad
Peas
Apricots
Diet "

Mar. 31
Lasagna
Tossed salad
Broccoli
Garlic Bread
Escalloped Apples
Diet "



Delicious, nutritious meals,
available at 11:20am
Monday through Friday.

- * No added salt.
- * Milk available; 2% Lo-Fat,
Skim,
Chocolate & Buttermilk
* Wheat Bread/Margarine.

Call 740-943-2310
Brenda Hudson

Regular and Diet Meals available

Make reservations in
advance or before 9:30 on
the day.

Over 60yrs. - \$ 2.50
Under 60yrs. - \$4.50

