## Neighborhood House 309-674-1131

## MARCH 2025

(Meals are subject to change)

	Mon	Tue	Wed	Thu	Fri	
Milk is included in all meals	3 Hamburger Patty	4 Lemon Chicken	5 Hot Dog	6 Cheese Omelet	7 Fish Patty	Tremont
Meal Components	Green beans Carrots WG Bun Orange	Cauliflower Mixed Vegetables WG Roll Pears	Baked Beans Corn WG Bun	French Toast Stewed Tomatoes Broccoli	Peas Beets WG Bun	Hopedale  Leisure Acres
<ul> <li>3 oz. serving meat /protein</li> <li>1 1/2 cups vegetable and/or fruit</li> <li>2 servings grain</li> </ul>	10 Pulled Pork Cauliflower Mixed Vegetables WG Bun Apple	11 Chicken Parmesan Broccoli Beets WG Roll Mandarin Oranges	Peaches  12 B.B.Q. Meatballs Green beans Carrots WG Bun Peaches	Applesauce  13 Chicken Nuggets Corn Lima Beans WG Roll Pears	Banana  14  Sloppy Joe  Peas  Beets  WG Bun  Banana	South Side Manor Heartland Apts. Sterling Towers Pierce Community Center
8oz low fat milk  Guests/Private Pay \$8.00  Recommended Donation for	17 Meatball Marinara Green beans Carrots WG Bun Orange	18 Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Tropical Fruit	19 Pork Riblet Broccoli Beets WG Bun Pears	20 Chicken Tenders Mashed Potatoes/Gravy Mixed Vegetables WG Roll Pineapple	21 Shrimp & Grits Peas Cauliflower WG Roll Banana	
Home Delivery & Congregate Programs \$5.00	24 B.B. Q. Chicken Broccoli Carrots WG Roll Apple	25 Beef Taco Lettuce/Tomato/Cheese Spanish Rice Corn WG Tortilla Pineapple	26 Pork Tenderloin Sweet Potatoes Mixed Vegetables WG Bun Peaches	27 Sausage Patty English Muffin Stewed Tomatoes Peas Applesauce	28 Beef Tenderloin Green beans Beets WG Bun Banana	
	31 Chicken Patty Cauliflower Carrots WG Bun Orange					