

# Cheyenne River Elderly Nutrition Services

## Menu

March 2024

4	5	6	7	8
DAY 1—Monday	DAY 2—Tuesday	Day 3—Wednesday	Day 4—Thursday	Day 5—Friday
<b>Meat (3 oz.)</b> Chicken Salad Sandwich	Sloppy Joes	Ham & Potato Soup	Hamburger Gravy	Catfish Nuggets
<b>Bread</b> Buns	Buns	Fresh Bread	Fresh Bread	Fresh Bread
<b>Vegetable</b> Celery Sticks w/ ranch Bag of Chips	Steamed Vegetables Crinkle Fries	Carrots	Green Beans Mashed Potatoes	Tater Tots/Baked Beans Corn
<b>Fruit</b> Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Drink</b> Milk	Milk	Milk	Milk	Milk
<b>Dessert</b> Jello (Sugarfree)	White Cake	Sugar Cookie	Chocolate Cake	Jello (Sugarfree)

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## Menu

March 2024

11	12	13	14	15
DAY 1—Monday	DAY 2—Tuesday	Day 3—Wednesday	Day 4—Thursday	Day 5--Friday
<b>Meat (3 oz.)</b> Meatloaf	Tater Tot Casserole	Polish Sausage	Chicken Noodle Soup	Tuna Noodle Casserole
<b>Bread</b> Fresh Bread	Fresh Bread	Buns	Fresh Bread	Fresh Bread
<b>Vegetable</b> Mashed Potatoes Steamed Mixed Veg.	Green Beans/Corn	Sliced Carrots Baked Potato	Mixed Vegetables	Peas
<b>Fru</b> Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Drink</b> Milk	Milk	Milk	Milk	Milk
<b>Dessert</b> Jello (Sugarfree)	White Cake	Jello (Sugarfree)	Chocolate Chip Cookie	Coffee Cake

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## Menu

March 2024

18	19	20	21	22
DAY 1—Monday	DAY 2—Tuesday	Day 3—Wednesday	Day 4—Thursday	Day 5—Friday
<b>Meat (3 oz.)</b> Beef Tip w/ Brown Gravy	Cabbage Soup w/ Beef	Goulash	Roast (Beef)	Cod Sandwich
<b>Bread</b> Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Buns
<b>Vegetable</b> Garden Salad w/ Ranch Rice	Cabbage Tomatoes Carrots Celery	Green Beans	Mashed Potatoes w/Gravy Sliced Carrots	Baked Potato Mixed Vegetables
<b>Fru</b> Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Drink</b> Milk	Milk	Milk	Milk	Milk
<b>Dessert</b> Jello (Sugarfree)	Snickerdoodle Cookie	Chocolate Cake	Coffee Cake	Jello (Sugarfree)

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## Menu

**March 2024**

<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>DAY 1—Monday</b>	<b>DAY 2—Tuesday</b>	<b>Day 3—Wednesday</b>	<b>Day 4—Thursday</b>	<b>Day 5--Friday</b>
<b>Meat (3 oz.)</b> Chili	Pepperoni Pizza	Ham & Bean Soup	Cheeseburgers	Fish Sticks
<b>Bread</b> Fry Bread	Garlic Sticks w/ Marinara Sauce	Biscuits	Buns	Fresh Bread
<b>Vegetable</b> Corn	Garden Salad w/ Ranch	Sliced Carrots	Macaroni Salad Baked Beans	Mixed Vegetables Tater Tots
<b>Fruit</b> Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Drink</b> Milk	Milk	Milk	Milk	Milk
<b>Dessert</b> Oatmeal Cookie	Jello (Sugarfree)	Peanut Butter Cookie	Jello (Sugarfree)	Chocolate Cake