

Seniors Only! Washington County Senior Dining Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-8-10	3-9-10	3-10-10	3-11-10	3-12-10
TURKEY ALA KING OVER RICE CARROT COINS TROPICAL FRUIT CUP WHOLE WHEAT BREAD RASPBERRY SHERBET ALT: LORNA DOONES	HAMBURGER ON A BUN WITH FIXINGS BAKED BEANS CREAMY CUCUMBER SALAD OATMEAL RAISIN COOKIE CHOCOLATE MILK ALT: DIET COOKIE	ROAST PORK MASHED POTATOES WITH GRAVY SEASONED SPINACH MULTIGRAIN BREAD PECAN PIE ALT: DIET PIE	NATIONAL NUTRITION MONTH! GARLIC & HERB TILAPIA PARSLIED POTATOES CARIBBEAN BLEND VEGETABLES MARBLE RYE BREAD ANGEL FOOD CAKE WITH STRAWBERRIES	VEGETABLE LASAGNA ITALIAN BLEND VEGETABLES COTTAGE CHEESE WITH PINEAPPLE WHOLE WHEAT BREAD M&M COOKIE ALT: DIET COOKIE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-15-10	3-16-10	3-17-10	3-18-10	3-19-10
CHILLED GRAPE JUICE CREAMY BAKED CHICKEN BREAST HERBED STUFFING CALIFORNIA BLEND VEGETABLES MULTIGRAIN BREAD ICE CREAM SUNDAE CUP	POT ROAST MASHED POTATOES WITH GRAVY PICKLED BEETS WHOLE WHEAT BREAD CARROT CAKE ALT: DIET FRUITED JELLO	ST. PATRICK'S DAY DUBLIN CORNED BEEF O'REILLEY RED POTATOES SHAMROCK CABBAGE GAELIC MARBLE RYE BREAD LEPRECHAN LIME PIE ALT: DIET PIE	ROAST TURKEY SWEET POTATOES OREGON BLEND VEGETABLES DINNER ROLL GERMAN CHOCO. CAKE ALT: DIET CHOCOLATE PUDDING	TUNA NOODLE CASSEROLE SWEET PEAS MANDARIN ORANGES MULTIGRAIN BREAD PEANUT BUTTER COOKIE ALT: LORNA DOONES

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We provide information and resources to individuals, their families, friends and caregivers. Our professional staff is **HERE to help** adults of all incomes sort through their options so they can make informed decisions.

- specialists** in the following:
- Aging and the elderly over 60
 - Adults 18-59 with physical or developmental disabilities
 - Young adults with disabilities transitioning into the adult services system
 - Mental health concerns related to the elderly & disabilities
 - Caregiver support
 - Referrals to publicly funded benefits



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