



**CHAMPLAIN SENIOR CENTER**  
Burlington, Vermont

**March 2010**

Menu is subject to change depending on availability of supply.

**Attention: We have had a request to add more fruit to the menu, enjoy!**  
please let us know what you think!!

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Riblets Mashed Potato Wax Beans Fruit Bread Mandarin Oranges	2 Creamy Macaroni & Cheese Harvard Beets Whole Wheat Roll Butterscotch Pudding	3 Roast Pork Au Jus Applesauce Mashed Potatoes Vegetable Medley Whole Wheat Roll Birthday Cake	4 Spaghetti with Meatballs Garden Salad Fruit Bread Pears	5 Baked Fish Tartar Sauce Mashed Potato Honey Dill Carrots Whole Wheat Roll Fruit Filled Cookie
8 Shepherd's Pie Corn/ No Gravy Peas & Carrots Whole Wheat Roll Vanilla Pudding	9 Beef Stew Spinach Biscuit Ice Cream	10 No Spice Chili Italian Vegetable Cornbread Chocolate Chocolate Chip Cookie	11 Hot Turkey Sandwich with Gravy Mashed Potatoes Cranberry Sauce Peas Mixed Fruit	12 Corn Chowder Tuna Salad Lettuce & Cheese Bulky Wheat Roll Ambrosia
15 Sweet & Sour Pork Rice Pilaf Oriental Vegetable Rye Bread Mixed Fruit	16 Swedish Meatballs Egg Noodles Italian Blend Vegetables Fruit Bread Mandarin Oranges	17 <b><u>St. Patrick's Day Luncheon</u></b> at the Elks North Avenue, Burlington Corned Beef & Cabbage	18 Pot Roast Red Potatoes Brussels Sprouts Dinner Roll Peaches	19 Hot Sliced Ham Scalloped Potatoes Vegetable Medley Fruit Bread Apricots
22 Pea Soup Egg Salad Lettuce & Cheese Bulky Roll Fruited Jello with Topping	23 Stuffed Peppers Whipped Sweet Potatoes Garden Salad Pumpnickel Bread Fruit Filled Cookie	24 Tomato Topped Meatloaf/No Gravy Mashed Potatoes Honey Dill Carrots Fruit Bread Tapioca Pudding	25 Chicken & Biscuits Mashed Potatoes Mixed Vegetables Oatmeal Cookie	26 Baked Manicotti Garden Salad Italian Bread Chocolate Chocolate Chip Cookie
29 Turkey a la King Mashed Potatoes Honey Dill Carrots Biscuit Banana Pudding	30 Lasagna Garden Salad Italian Bread Jello Cake	31 Chicken Stew Harvard Beets Biscuit Sugar Cookie		

1% milk is served with all meals.