

# March Lunch Menu

To reserve a meal, call (707) 462-4343 ext. 7009. Indoor seating now available.

- MEAL RESERVATIONS ARE GUARANTEED IF MADE BY 3 p.m. THE PRIOR BUSINESS DAY
- To go meals available for pickup at 11:30 a.m. Additional \$1.00 charge for containers.
- To go meals for our Center members are \$8. Meal cards can be purchased for \$40.


Sit-down meals are \$7 each for USC Members or purchase a 5 meal lunch card for \$35.

Non-member meal cost is \$8 each Dine in Monday through Friday. To go for non-members, \$9 each.

Meals are prepared by Ukiah Senior Center Chef Lisa and Staff.

All meals include seasonal fruit or dessert and are subject to change based on availability.

Gluten Free meals marked GF or GF option are by request. Vegetarian by request option available.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Pork Schnitzel w/ Gravy Mashed Potatoes Veggie  GF
<b>4</b> Chicken Salad Croissant Soup Fruit	<b>5</b> Pulled Pork Roasted Potatoes Cole Slaw  GFO	<b>6</b> Salisbury Steak Pasta Veggie	<b>7</b> Liver and Onions OR Napa Cabbage Salad Chicken Sweet Soy Dressing  GF	<b>8</b> Ham Sandwich Macaroni Salad
<b>11</b> Polish Cheese Dog Chili Beans Fruit	<b>12</b> Baked Cod French Fries Cauliflower and Pea Salad	<b>13</b> Chef Salad Minestrone Soup  GF	<i>Birthday Lunch</i> <b>14</b>  Meatloaf Baked Potatoes Garden Veggie Salad  GF	<b>15</b> Corned Beef Cabbage w/Veggie Irish Soda Bread  GFO
<b>18</b> Baked Chicken Mashed Potatoes Corn  GF	<b>19</b> Spaghetti w/Meatballs Garlic Bread Salad	<b>20</b> Beef Enchiladas W/ Mole Sauce Rice and Beans  GF	<b>21</b> BBQ Country Pork Ribs Potatoes Candied Carrots  GF	<b>22</b> Chicken and Biscuits W/Sausage Gravy Apple Slaw
<b>25</b> French Toast Scrambled Eggs Bacon  GFO	<b>26</b> Beef Burrito Beans Corn Salad	<b>27</b> Chicken A la King Rice Veggies  GF	<b>28</b> Soft Veggie Taco Rice and Beans  GF	<b>29</b> Beefy Tamale Pie Green Salad  GF