

MARCH



BREAKFAST MENU

MORNING MEAL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JAYBIRD SENIOR LIVING

senior living *reimagined*

*Oh! the Places
you'll Go!*

Waffles
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Pancakes
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Your Choice
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Omelets
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Biscuits & Gravy
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

French Toast
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Breakfast Sandwich
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Waffles
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Pancakes
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Your Choice
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Omelets
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Biscuits & Gravy
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

French Toast
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Breakfast Sandwich
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Waffles
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Pancakes
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Your Choice
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Omelets
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Biscuits & Gravy
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

French Toast
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Breakfast Sandwich
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Waffles
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Pancakes
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Your Choice
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Omelets
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Biscuits & Gravy
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

French Toast
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Breakfast Sandwich
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Waffles
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Pancakes
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

Your Choice
Choice of Juice, Cereal,
Egg, Sausage, Bacon &
Beverage

BREAKFAST SERVED
BETWEEN
6:30 - 9:00 A.M.
GARDENS SERVING TIME
8:15 A.M.

MARCH



LUNCH MENU

NOON MEAL - MENU'S SUBJECT TO CHANGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JAYBIRD SENIOR LIVING

senior living *reimagined* Oh! the Places you'll Go!

Manicotti w/ Sauce
Green Beans
Garlic Bread

1

Roast Beef
Mashed Potatoes
Gravy,
Peas
Bread & butter

2

Fish
Rice Pilaf
Mixed vegetables
Bread & butter

3

Pork Roast
Sweet Potatoes
Broccoli and Cheese
Bread and Butter

4

Salisbury steak
Mashed potatoes
Corn
Dinner roll

5

Chicken Fried Steak
Mashed Potatoes
Gravy
Peas
Bread and Butter

6

Ham
Scalloped Potatoes
Harvard Beets
Bread and Butter

7

Turkey
Sage Dressing
Mixed Vegetables
Bread and Butter

8

Meatloaf
Baked Potato
Buttered Carrots
Bread and Butter

9

Fish
Red Skinned Potatoes
Coleslaw
Bread & butter

10

Tator Tot Casserole
Mixed Greens
Bread and Butter

11

Pepper Steak
Mashed Potatoes
Creamed Peas
Dinner Roll

12

Pork Cutlet
Baked Sweet Potato
Capri Vegetables
Bread and Butter

13

Philly Steak & Cheese
Potato chips
Baked beans

14

Beef Steak w/Gravy
Garlic
Mashed Potatoes
Corn

15

Ham balls
Au Gratin Potato
Mixed Vegetable
Bread & Butter

16

Corned Beef
& Cabbage
Red Potatoes/Carrots
Blarney Stones
or/Fish Sandwich

17

Turkey
Mashed Potatoes
Gravy
Brussel Sprouts
Bread and Butter

18

BBQ Chicken Breast
Parsley Mashed Potato
Vegetables
Bread & Butter

19

Pot Roast
Cabbage
Carrots
Biscuits

20

Chicken parmesan
Baked potato
Peas & carrots
Bread & Butter

21

Pork Loin
Candied Yams
Mixed Vegetables
Bread & Butter

22

Beef and Noodles
Mixed vegetables
Bread & butter

23

Fish
Scalloped Potatoes
Coleslaw
Bread & butter

24

Oven Fried Chicken
Mashed Potatoes
Gravy
Vegetables

25

Ham Loaf
Seasoned Potatoes
Corn
Dinner roll

26

Open Faced Turkey
Sandwich
Mashed Potatoes
Carrots

27

Beef Chopped Steak
Mashed Potatoes
Spinach
Bread and Butter

28

Manicotti
Green Beans
Garlic Bread

29

Roast Beef
Mashed Potatoes
Gravy,
Peas
Bread & Butter

30

Fish
Rice Pilaf
Mixed Vegetables
Bread & Butter

31

ALL MEALS SERVED
WITH CHOICE OF
BEVERAGE &
DESSERT.

MARCH



DINNER MENU

EVENING MEAL MENU'S SUBJECT TO CHANGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JAYBIRD SENIOR LIVING

senior living *reimagined*

*Oh! the Places
you'll Go!*

Chili Dog w/Cheese **1**
Macaroni Salad
Fruit
Ice Cream -Cookie

Chicken Salad Sand- **2**
wich
Vegetable Soup
Fruit
Ice Cream -Cookie

Cheeseburger **3**
on a bun
Seasoned Wedges
Fruit
Ice Cream -Cookie

Chili **4**
Crackers
Grilled Cheese
Fruit
Ice Cream - Cookie

Vegetable Soup **5**
Crackers
Egg Salad Sandwich
Fruit
Ice Cream - Cookie

Chicken Tenders **6**
Seasoned Wedges
Fruit
Ice Cream

Tuna Salad Sandwich **7**
Chips
Cottage Cheese/Fruit
Ice Cream - Cookie

Reubens **8**
Seasoned Wedges
Fruit
Ice Cream - Cookie

Spaghetti w/meat **9**
sauce
Garlic Bread
Tossed Salad
Ice Cream -Cookie

Tomato Soup w/ **10**
Crackers
Grilled Cheese
Fruit
Ice Cream -Cookie

Meatball Hoagie **11**
Potato Salad
Fruit Cup
Ice Cream - Cookie

Goulash **12**
Green Beans
Pears
Bread & Butter
Ice Cream -Cookie

Patty Melt **13**
Pea Salad
Fruit
Ice Cream-Cookie

Hot dog on a Bun **14**
Cottage Cheese/Fruit
Macaroni Salad
Ice Cream—Cookie

Lasagna **15**
Garlic Bread
Lettuce Salad
Ice Cream—Cookie

Chicken Sandwich **16**
Lettuce/tomato/pickle/
onion
Broccoli Cheese Soup
Fruit- Ice Cream- Cookie

Tuna Noodle Casserole **17**
Tossed Salad
Bread and Butter
Ice Cream —Cookie

Hamburger on bun **18**
Lettuce/tomato/pickle/
onion
Tator Tots -Fruit
Ice Cream -Cookie

Tuna Salad Sandwich **19**
Soup of the Day
Crackers
Fruit
Ice Cream -Cookie

Taco **20**
Fruit
Ice Cream
Cookie

Chicken Noodle Soup **21**
Deli Sandwich
Applesauce
Ice Cream
Cookie

Grilled Cheeseburger **22**
Baked Beans
Coleslaw
Ice Cream
Cookie

Beef and Noodle **23**
Casserole
Tossed Salad
Bread and Butter
Ice Cream -Cookie

Spaghetti w/Meat **24**
Sauce
Garlic Bread
Lettuce Salad
Ice Cream -Cookie

Chili **25**
Crackers
Cornbread w/honey
Fruit
Ice Cream -Cookie

Potato Soup **26**
Crackers
Deli Sandwich
Fruit Salad
Ice Cream—Cookie

Polish Sausage/ **27**
Sauerkraut
Fried Potatoes/Gr. Onion
Carrots -Bread & Butter
Ice Cream -Cookie

Chicken Tenders **28**
Seasoned Wedges
Fruit
Ice Cream
Cookie

Grilled Cheeseburger **29**
Baked Beans
Coleslaw
Ice Cream
Cookie

Beef and Noodle **30**
Casserole
Tossed Salad
Bread and Butter
Ice Cream -Cookie

Tomato Soup w/ **31**
Crackers
Grilled Cheese
Fruit
Ice Cream -Cookie

**ALL MEALS SERVED
WITH CHOICE OF
BEVERAGE &
DESSERT.**