

MARCH



MENU

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JAYBIRD SENIOR LIVING

senior living *reimagined*

*Oh! the Places
you'll Go!*

Cheeseburger Macaroni Casserole¹
Chef Salad
Spinach
Dinner Roll
Apple Pie, Tapioca Pudding, Cookies
SF: Jell-o, Ice Cream

Lemon Pepper Chicken²
BBQ Pork Riblets
Roasted Red Potatoes, Baked Beans.
Brussel Sprouts, Cauliflower
Pies, Cake, Cookies
SF: Jell-o, Ice Cream

Pizza Burger³
Shrimp & Broccoli Alfredo
Cottage Cheese, Garlic Bread
Lima Beans
No Bake Cookies, pie, Cake
SF: Jell-o, Ice Cream

Pot Roast⁴
Tomato Soup/Grilled Cheese
Roasted Vegetables, potato Chips
Carrot Cake, Butterscotch Pie, Cookies. SF: Jell-o, Ice Cream

Chicken Salad Plate⁵
Ham & macaroni and Cheese
Mixed Vegetable, Tomatoes, Cucumbers.
Pecan Bars, Pineapple Cake, Coconut Pie, SF: Jell-o, Ice Cream

Oven Fried Chicken⁶
Sausage, tomato & cheese Quiche
Hashbrowns, Potato Salad
Cole Slaw, Garden Salad.
Cake, Pie, Cookies
SF: Jell-O, Ice Cream

Fried Pork Chops⁷
Kielbasa & Cabbage
Fried Cabbage, Pinto Beans
Corn Bread
Cake, pie, Cookies
SF: Jell-o, Ice Cream

Chicken Cordon Blue⁸
Manicotti
Green Beans, Salad
Garlic Bread, Rolls
Cake, Pie, Cookies
SF Jell-o, Ice Cream

Corn Chowder/Turkey Melt⁹
Salisbury Steak
Potato Wedges
Malibu Vegetable
Fresh Fruit salad, Cake, Pie
SF: Jell-o, Ice Cream

3 Salad Platter(chicken, pasta, pimento cheese), Crackers¹⁰
Salmon Patties/ Cottage Cheese
Tomatoes, Zucchini
PB Cake, Strawberry Oat Bars, Cookies. SF: Jell-o, Ice Cream

Cranberry Glazed Pork Loin¹¹
Tuna Casserole
Sweet Potatoes, Rolls
Broccoli, Salad
Peaches, Cup Cakes, Cookies
SF: Ice Cream, Jell-o

Meatloaf¹²
Chicken Enchiladas
Mashed Potatoes, Spanish Rice
Collard Greens, Sald
Cake, Pie, Cookies
SF: Jell-o, Ice Cream

Cheesesteak Sandwich¹³
Open Face Turkey Sandwich
French Fries, Mashed Potatoes
Italian Green Beans
Cake, Pie. Cookies
SF: Jell-o Ice Cream

Sweet and Sour Meatballs¹⁴
Kraut and Hot Dogs
Rice, Baked Potato
Asparagus
Lemon Bars, Red Velvet Cake, Apple Cobbler, SF Jell-o, Ice Cream

Fried Bologna Sandwich¹⁵
Hamburger Steak
Sweet Potato Fries, Mashed
Glazed Carrots, Capris Vegetable
Cake, Pie, Cookies SF: Jell-o, Ice Cream

Chicken and Dumplings¹⁶
Spaghetti/ Meat Sauce
Roll, Garlic Bread
Garden Salad
Pear Crisp, Brownies, Mandarin
Orange Cake. SF Jell-o, Ice Cream

Baked Tilapia w/ lemon dill Sauce¹⁷
Fried Catfish, Rice, Fries
Spinach, Cole Slaw
Lemon Meringue, Chocolate
Cherry Cobbler, Cookies
SF Jell-o, Ice Cream

Baked Ham¹⁸
Sloppy Joe
Au Gratin Potatoes, Tater tots
Roasted Corn, Lima Beans
Cake, Pie, Cookies
SF: Jell-o Ice Cream

Chicken Pot Pie¹⁹
Soup Beans with Ham
Salad
Corn Bread or Roll
Cake, Pie, Cookies
SF: Jell-o, Ice Cream

Beef Noodle²⁰
Stuffed Pork Loin
Home Fried Potatoes
Broccoli Casserole
Cake, Cookies, Pie
SF Jell-o, Ice Cream

Broccoli Cheddar Soup w/
Turkey and Cheese Sandwich²¹
Cobb Salad
Dinner Roll, Chips
Cake, pies, Cookies
SF:Jell-o, Ice Cream

Assorted Pizza²²
Barbecue Chicken Legs
Potato Salad
Cole Slaw, Salad
Cake, Fruit Cup, Cookies
SF: Jell-o, Ice Cream

Country Fried Steaks²³
Ham Salad w Crackers
Mashed Potatoes, Cottage
Cheese, Cole Slaw, Beets
Cake, Pie, Assorted Ice Cream
SF: Jell-o, Brownies

Baked Fish Nuggets²⁴
Steak Quesadilla
Corn Fritters, Refried Beans
French Fries, Spanish Rice
Watermelon, Oreo Pie, Spice
Cake. SF Jell-o, Ice Cream

Chicken Wings²⁵
Chili & Cheese
Baked Potato, Frito Chips
Sliced Tomatoes, Corn Bread
Cake, Pie, Cookies
SF: Jell-o, Ice Cream

Peach Glazed Chicken Thighs²⁶
Pulled Pork Sandwich
Stuffing, Sweet Tater Fries
Succotash, Cole Slaw,
Cake , Pie, Cookies
SF: Jell-o, Ice Cream

Salisbury Steak²⁷
Baked Ravioli
Mashed Potatoes, Garlic Bread
Brussel Sprouts, Salad
Cake, Pie, Cookies
SF: Jell-o, Ice Cream

Pork Fried Rice²⁸
Vegetable Beef Soup w/ Fried
Bologna and Cheese Sandwich
Asian Stir fry, Egg Roll, Potato
Chips Cake, cookies, Pie
SF: Jell-o, Yogurt

Roasted Turkey²⁹
Dressing, Sweet Potatoes,
Philly Cheesesteak, potato Salad
Carrots, Peas
Cake, Pie. Cookies
SF: Jell-o, Ice Cream

Pot Roast³⁰
Cola glazed Pork Loin
Roasted Vegetables, Broccoli
Roasted Potatoes, Baked Potatoes, Cake, Pie, Cookies
SF: Jell-o, Ice Cream

Fried Catfish³¹
Fried Shrimp
French Fries, Rice
Cole Slaw, Corn Nuggets
Cake, pie, cookies
SF: Jell-o, Ice Cream