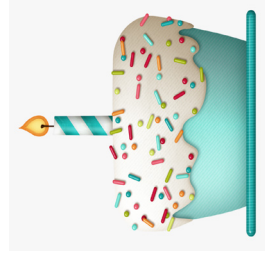


MARCH 2023 MENU

Alpena Senior Citizens Center | 501 River Street | 989-356-3585

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Menu is subject to change.			1 Sweet & Sour Meatballs Rice Pilaf Vegetable Fruit	2 Chicken à la King Biscuits Vegetable Fruit	3 Breakfast Casserole Sausage Links Hashbrowns Orange Juice	4
5	6 Ham Baked Potato Vegetable Fruit	7 Sloppy Joes Coleslaw Vegetable Fruit	8 Chicken Parmesan Noodles Vegetable Fruit	9 Beef Stew Biscuits Vegetable Fruit	10 Baked Fish Baked Potato Vegetable Fruit	11
12	13 Salisbury Steak Rice Pilaf Vegetable Fruit	14 Chicken Broccoli Casserole Stuffing Fruit	15 Goulash Dinner Roll Vegetable Fruit	16 BBQ Chicken Thighs Baked Potato Vegetable Fruit	17 Tuna Noodle Casserole Vegetable Fruit	18
19	20 Hot Turkey Sandwich Mashed Potatoes, Gravy Vegetable Fruit	21 Bruschetta Chicken Bake Vegetable Fruit	22 Pork Chops Mashed Potatoes Vegetable Fruit	23 Taco Bowls Mexican Rice Fresh Toppings Fruit	24 Fish Sandwich Mac n' Cheese Vegetable Fruit	25
26	27 Hamburger Stroganoff Noodles Vegetable Fruit	28 Pepperoni Pizza Vegetable Fruit	29 Roast Beef Mashed Potatoes Vegetable Fruit	30 Chicken Fried Beef Steak, Country Gravy Biscuits Vegetable Fruit	31 Tuna Fish Sandwich Tomato Soup Fruit	



**MONTHLY BIRTHDAY CELEBRATION
THIRD WEDNESDAY OF THE MONTH
SPONSORED BY ALPEN AGENCY**

Noon Meal: 11:30 am - 12:30 pm
 Hot Meal for those **age 60 & Over**: Suggested Donation of \$3.50
 Hot Meal for those **under age 60** - Cost is \$7.00
 Federal and state grants cover only a portion of the meals we provide.
 Donations are important to the Alpena Senior Citizens Center.