

11:30 Wed., Mar. 7 SHEERY BRENNAN	11:30 Wed., Mar. 14 MICHAEL JOHNSON	11:30 Wed., Mar. 21 GEM FIDDLERS	11:30 Wed., Mar. 28 JEFF & SANDY	11:30 Every Thur. PAT BLESSIN-ORGAN MUSIC	8:00 am Sat., Mar. 10 MARLA GARRETT	8:00 am Sat., Mar. 10 BREAKFAST	
MARCH 2018	Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving					MARCH 2018	
 <p>TWIN FALLS SENIOR CENTER 208-734-5084 530 SHOSHONE STREET W., TWIN FALLS, IDAHO 83301 Center Office Hours Mon-Fri 8:00am to 5:00pm www.tfseniorcenter.com facebook - Twin Falls Senior Center VOLUNTEER DRIVERS & CENTER VOLUNTEERS NEEDED Call today to get started</p>			Bold Italic Salad will go out with Home Delivered Meals (HDM)		Thursday 2018-03-01 Chicken Alfredo	Friday 2018-03-02 Sweet & Sour Pork	
			Daily HDM Meal Drink Choices 2% MILK ORANGE/APPLE JUICE NON FAT CHOCOLATE MILK		Caesar Salad w/ Croutons Creamy Grape Salad Fruit Fettuccini Noodles Broccoli Florets Onion Roll Peanut Butter Bar	Asian coleslaw Ambrosia Salad Fruit Fried Rice Stir Fried Vegetables Eggroll Apple Crumb Pie	
			Daily CENTER Meal Drink Choices WATER TEA COFFEE MILK				
Sunday 2018-03-04	Monday 2018-03-05 Swedish Meatballs	Tuesday 2018-03-06 Fish Fillet	Wednesday 2018-03-07 Chicken Cacciatore	Thursday 2018-03-08 Pepperoni Pan Pizza	Friday 2018-03-09 Beef Tips	Saturday 2018-03-10 \$8 Fundraising Breakfast	
	Green Salad Pickled Beets Fruit Egg Noodles Normandy Blend Vegetables Bread Sticks Chocolate Chunk Cookie	Macaroni Salad Mixed Green Salad Fruit Tator Tot Casserole Green Beans Spoonbread Oatmeal Raisin Cookie	Romaine Orange Salad Cranberry Parfait Fruit Wild Rice Pilaf Sautéed Mushrooms Dinner Roll Spice Cake	Green Salad Greek Bowtie Pasta Fruit 2 Chicken Wings/Celery Sticks Roasted Corn Raspberry Oat Bar	Spinach Salad Fruit Cocktail Jello Fruit Mashed Potatoes/w gravy Peas & Pearl Onions Wheat Bread Mixed Oregon Berry Cobbler	Made to order Omelets! Ham, Sausage, Bacon Potatoes Biscuit & Gravy, Fresh Fruit, Bread Trays Coffee, Milk, & Juice	
Daylight Savings							
Sunday 2018-03-11	Monday 2018-03-12 Breakfast Bar	Tuesday 2018-03-13 Chicken Ala King	Wednesday 2018-03-14 Pot Roast	Thursday 2018-03-15 Spaghetti w/Meatballs	Friday 2018-03-16 Corned Beef & Cabbage	Saturday 2018-03-17	
ABCL Unit 400 Bridge 12:00-4:00	Fresh Fruit Salad Fruit Parfait Denver Scramble Hashbrown Casserole Biscuit & Gravy Pumpkin Crumble Muffin	Green Salad Vanilla Fruit Salad Fruit Broccoli & Cauliflower Biscuit Chocolate Drop Cookie	Caesar Salad Tomato Cucumber Salad Fruit Mashed Potatoes Gravy Sunshine Carrots Sweet Roll Blueberry Cheesecake Bar	4 Bean Salad Green Salad Fruit Spaghetti Noodles Italian Blend Vegetables Garlic Bread Snickerdoodle Cookie	Very Vegi Salad Lime Jello w/Fruit Fruit Roasted Red Potatoes Cabbage Dinner Roll Leprechaun Cupcake	Happy St. Patricks Day 	
First Day of Spring							
Sunday 2018-03-18	Monday 2018-03-19 Hamburger Stroganoff	Tuesday 2018-03-20 Fried Chicken	Wednesday 2018-03-21 Meatloaf	Thursday 2018-03-22 Navajo Taco Baked Potato	Friday 2018-03-23 Roast Pork w/Cream Sauce	Saturday 2018-03-24	
	Green Salad Apple Broccoli Salad Fruit Egg Noodles Green Peas Wheat Bread Death by Chocolate Crinkle Cookie	Spring Mix Salad Fruit Parfait Fruit Rice Pilaf Capri Blend Vegetables Cranberry Bread Wormy Dirt Pudding Cup	Spinach Salad Cottage Cheese w/Fruit Fruit Mashed Potatoes / Gravy Buttered Zucchini Italian Roll Apple Crumble Bar	Fixins- Lettuce,tom,onion,olive Southwest Romaine Salad Fruit Spanish Rice Chuckwagon Corn & Black Beans Zucchini Bread Ice Box Cake	Creamy Coleslaw Orange Pineapple Jello Fruit Roasted Red Potatoes Bacon Brussel Sprouts Wheat Bread Coconut Cream Pie		
Palm Sunday							
Sunday 2018-03-25	Monday 2018-03-26 Chicken Fried Steak	Tuesday 2018-03-27 Pork Stir Fry	Wednesday 2018-03-28 Liver & Onions or Baked Chicken	Thursday 2018-03-29 Lasagna	Friday 2018-03-30 Baked Ham	Saturday 2018-03-31 TFSC MEAL COSTS	
	Green Salad Cottage Cheese w/Fruit Fruit Mashed Potato and Gravy Roasted Cauliflower Buttermilk Biscuit Lemon Bar	Thai Peanut Salad Spring Mix Salad Fruit Fried Rice Stir Fry Blend Vegetables Pot Stickers Pumpkin Chocolate Chip Cookie	Spinach Salad Peach Jello Salad Fruit Roasted Red Potatoes Asparagus Blend Vegetables Onion Dill Roll Birthday Cake	Caesar Salad Orange Cottage Salad Fruit Green Bean Casserole Garlic Bread Blondie Brownie	Pineapple Coleslaw Green Salad Fruit AuGratin Potatoes Roast corn w/peppers & onion Wheat Bread Peach Cobbler	Age 60 & over \$5.00 (suggested donation) Under 60 \$6.00 Under 9 \$3.00 Lunch to Go \$6.00 Cinnamon Roll \$2.00 Coffee \$.50 Soup to Go \$3.00	