

March 2023

Ector Co.Eld. Nutrition
1225 N. Adams-Odesa
(432)333-6791

Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

SUMMIT -Meal Provider

\$3.00 Suggested
Meal Donation

Monday

Tuesday

Wednesday

Thursday

Friday

		1		2		3	
		Beef Tips w. Peppers Mushroom Gravy Steamed Brown Rice Harvard Beets Waldorf Salad Pears Tea/Milk		Bean & Ham Soup Whole Grain Crackers Turkey Club Sandwich Broccoli & Cauliflower Salad Fruited Gelatin Tea/Milk		Spaghetti Noodles With Meat Sauce Green Beans Tossed Salad w. FF Ranch Dressing Angel Cake with Chocolate Sauce Tea/Milk	
6		7		8		9	
Pot Roast w. Potatoes & Carrots WW Roll/Bread Red Onion & Romaine Lettuce Salad Vinaigrette Dressing Strawberries Tea/Milk		BBQ Chicken Potato Salad Mixed Squash Casserole Biscuit Carrot & Raisin Salad Fruit Cup Tea/Milk		Cod Fish Fillet on WW Bun Tartar Sauce Oven Baked French Fries Cabbage Slaw Peanut Butter Cookie Tea/Milk		Chicken Soft Taco w. Shredded Cheese Chopped Lettuce & Tomatoes Refried Beans Tortilla Chips/Salsa Fruited Gelatin w. Marshmallows Tea/Milk	
13		14		15		16	
Open Face Hot Turkey on Whole Wheat Bread with Turkey Gravy Potato Wedges Green Pea Salad Orange Wedges Tea/Milk		Meatloaf Au Gratin Potatoes Chopped Spinach Banana Pudding Tea/Milk		Chicken Stir Fry Brown Rice Stir Fry Vegetables Cucumber Salad Veggie Spring Roll Strawberry Shortcake Tea/Milk		Baked Chicken & Dressing Squash Medley WW Roll/Bread Tropical Fruit Cup Tea/Milk 	
20		21		22		23	
Marinated Chicken Oven Roasted Potatoes Mixed Vegetables WW Roll/Bread Cherry Cobbler Tea/Milk		Beef & Vegetable Stew Cornbread Tossed Salad FF Dressing Lime Gelatin with Pineapple and Marshmallows Tea/Milk		BBQ Pulled Pork on WW Bun Black Eyed Peas Broccoli & Cauliflower Salad Plums Tea/Milk		Frito Turkey Chili Pie with Beans Mexicali Corn Jalapeno Cornbread Pears Tea/Milk	
27		28		29		30	
Cheeseburger on Whole Wheat Bun Baked Beans Strawberries on Angel Cake Tea/Milk		Lasagna Capri Blend Vegetables Tossed Green Salad FF Ranch Dressing Garlic Bread Stick Apple Slices Tea/Milk		Sweet & Sour Chicken Fluffy Steamed Brown Rice Peas w. Sweet Red Peppers Peaches Tea/Milk		Roast Turkey Gravy Cranberry Sauce Candied Yams Green Beans WW Roll/Bread Pineapple Crisp Tea/Milk	
31		31		31		31	
Spicy Mexican Pork Stew w. Potatoes, Carrots & Green Chilies Tossed Salad FF Ranch Dressing Flour Tortilla Key Lime Square Pie Tea/Milk							