

Goodman Senior Meal Site Menu:

March 2023

Served daily @ NOON: Fruit, Salad, Dessert & 1% Milk option.

(Serving stops @12:45pm, dining room closes at 2pm)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	1	2	3
<p>Lunch reservations are required, at least 48 hours in advance!... How can I make a reservation? (3 ways)</p> <p>1- In person, while at the Goodman Center, with the meal site's room host.</p> <p>2- Call (608) 241-1574 x8087</p> <p>3- Email Abby at abigail@goodmancenter.org</p>		<p>Crispy Chicken and Cheese Sandwich on a Whole Wheat Bun with Baked Beans</p> <p>Vegetarian Option= Black Bean Patty</p>	<p>Chicken Alfredo with Whole Wheat Penne Pasta</p> <p>Vegetarian Option= Veggie Alfredo</p>	<p>Cheese, Pepper and Onion Egg Bake <i>with</i> Breakfast Potatoes, Biscuit and <i>V8 Juice</i></p>
6	7	8	9	10
<p>Open face turkey and gravy sandwich with Roasted Carrots</p> <p>Vegetarian Option= Garden Burger Patty</p>	<p>Country Style Pork Ribs with Baked Beans <i>and</i> Whole Wheat Bread</p> <p>Vegetarian Option= Black Bean Patty</p>	<p>Baked Lemon Tilapia with Baked Potato and a Whole Wheat Dinner Roll</p> <p>Vegetarian Option= Baked Lemon Tofu</p>	<p>Sweet and Sour Chicken with Steamed Brown Rice and Stir Fry Veggies</p> <p>Vegetarian Option= Chickpea Stir Fry Steamed rice</p>	<p>Parmesan Chicken with Whole Wheat Pasta, Marinara Sauce and Garlic Butter Corn</p> <p>Vegetarian Option= Grilled Veggie Sausage on a Whole Wheat Bun</p>

13	14	15	16	17
Black Bean and Cheese Enchilada Casserole	Beef Lasagna with Garlic Bread Vegetarian Option= Vegetable Lasagna	Swedish Meatballs w/ Egg Noodles Vegetarian Option= Vegetarian bean Stew over Egg Noodles	Pork Chops with Mashed Sweet Potatoes & Gravy, Steamed Broccoli and Whole Wheat Bread Vegetarian Option= Garden Burger Patty	Chicken and Rice Casserole with Bean Salad Vegetarian Option- Veggie and Rice Casserole
20	21	22	23	24
Baked Ziti <i>with</i> Bean Salad Vegetarian Option= Vegetarian Baked Ziti	Fish Sandwich w/ Cheese on a Whole Wheat Bun Vegetarian Option= Grilled Cheese Sandwich	Honey Glaze Ham with Cheesy Potato Bake <i>and a</i> Whole Wheat Dinner Roll Vegetarian Option= Black Bean Patty	Ground Beef Tater Tot Casserole w/ Peas <i>and</i> Whole Wheat Bread Vegetarian Option= Vegetarian Tater Tot Casserole	Italian Chicken Sandwich on a Whole Wheat Bun <i>with</i> Balsamic Glazed Carrots Vegetarian Option= Pesto Chickpea Salad
27	28	29	30	31
Beef Chili with Corn Bread Vegetarian Option= Vegetarian Chili	Flank Steak Stir Fry w/ Stir Fry Veggies and Steamed Brown Rice Vegetarian Option= Chickpea Stir Fry	BBQ Chicken Thigh with Macaroni Salad Vegetarian Option= Falafel and Hummus	Ground Turkey Meatloaf w/ Mashed Potatoes, Turkey Gravy, Whole Wheat Dinner Roll and Peas Vegetarian Option=Garden Burger Veggie Loaf	Smoked Pulled Pork Shoulder with Whole Wheat Bun and Baked beans Vegetarian Option= BBQ Black Bean Patty or BBQ Lentils