



All Meals include White or Low-Fat Chocolate Milk. Lactose Free available by Request.

March 2026

Richland County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger Stroganoff Peas & Carrots 5 Cup Fruit Salad WW Roll	3 Cube Steak Stewed Tomatoes Roasted Potatoes Pears WW Roll	4 Goulash w/Beans Cream Corn French Bread Pineapple Tidbits	5 Roast Pork w/Gravy Mashed Potatoes Carrots Mandarin Oranges WW Roll	6 Fish Chowder Oyster Crackers Broccoli Cheese Sticks Apple Slices
9 Ground Round Steak w/Mushroom Gravy Mashed Potatoes Cut Green Beans Whole Fruit WW Roll	10 Ham, Broccoli, & Rice Casserole Baby Carrots Tropical Fruit WW Roll	11 BBQ Country Style Ribs Baked Sweet Potato Pinto Beans Mandarin Oranges	12 Tater Tot Casserole Lettuce Salad w/Dressing WW Roll Applesauce	13 Baked Cod w/Tarter Sauce Oven Roasted Potatoes Brussel Sprouts Mixed Fruit WW Roll
16 Chicken Cordon Bleu Rice Pilaf Cut Green Beans Fruit Cup WW Roll	17 Corn Beef Cabbage, Carrots Redskin Potatoes Rye Bread Pistachio Salad	18 Chicken Ala King w/Biscuit Mashed Potatoes Fruit Cocktail BB Brownie	19 Kielbasa w/Kraut Augratin Potatoes Baked Beans Peaches WW Roll	20 Tuna Casserole California Blend Veggies Apple Slaw Cookie
23 Spaghetti w/Meat Sauce Green & Wax Beans Mandarin Oranges Bread Stick	24 Grilled Chicken Breast w/Gravy Mashed Potatoes Broccoli Pears WW Roll	25 Baked Ham Scalloped Potatoes Baked Beans Pineapple Chunks WW Roll	26 Swiss Steak Mashed Potatoes w/Gravy Mixed Vegetables WW Roll Apple Crisp	27 Baked Cod w/Tarter Sauce Baked Sweet Potato Peas & Carrots Mixed Fruit WW Roll
30 Polish Sausage w/Kraut Lyonnise Potatoes Calico Beans Plums WW Roll	31 Chicken Alfredo Pasta Broccoli Tropical Fruit Garlic Toast	<p><u>Richland County Meal Sites</u> Germantown 608-983-2786/608-983-2798 Richland Center 608-647-2323 Rockbridge 608-649-3269/608-647-3900</p> <p>Reservation Required please call 1 business day prior.</p>		

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

***Menu subject to change without notice.
ADRC 608-647-4616.**