

**March
Menu
2020**



**CAP AGENCY
CONGREGATE DINING and
HOME DELIVERED MEALS
A SENIOR SERVICE OF
SCOTT-CARVER-DAKOTA
CAP AGENCY, INC.**



**FOR YOUR
DINING
PLEASURE**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Tomato Soup Egg Salad on Croissant Garden Salad w/ Italian Blueberry Muffin	Baked Chicken Rigatoni Glazed Carrots Garlic Toast Fresh Pear Sugar cookie	Beef Tips with Mushroom Gravy Buttered Egg Noodles Cowboy corn Dinner Roll w/ Butter Banana Bar	White Turkey Chili Corn Muffin Winter Blend Vegetables Fresh Banana Snickerdoodle cookie	Breaded Pollock Filet Tartar Sauce Bow tie Pasta CA Blend Vegetables Garlic Bread w/ Butter Diced Peaches Apple Strudel Bites <i>Alternate: Lemon Pepper Chicken</i>
9	10	11	12	13
Salisbury Steak Cheesy Hash Browns Mixed Vegetables Dinner Roll w/ Butter Fresh Apple	Chicken Wild Rice Soup Garden Salad w/ Dressing Breadstick w/ Butter Cherry Strudel Fresh Pear	Sliced Ham Steak Scalloped Potatoes Green Peas 9 Grain Roll w/ Butter Lemon Bar <i>Alternate: Chicken Strips</i>	Sloppy Joe on a Bun JoJo Potatoes Coleslaw Fresh Banana Chocolate Chip Cookie	Baked Fish With Panko Parmesan Tartar Sauce Rice Pilaf Mediterranean Vegetables Multi Grain Bread with Butter Fresh Orange <i>Alternate: Chicken Parm. w/ Marinara</i>
16	17	18	19	20
Tuscan Chicken and Vegetable Stew Dinner Roll w/ Butter Potato Salad Warm Apple Slices Cherry Fluff	Open Faced Turkey Sandwich Mashed Potatoes w/ Gravy Capri Vegetables Pineapple Rings English Toffee Cookie	Beef and Vegetable Stew Italian Blend Vegetables Warm Biscuit w/ Butter Diced Pears Green Tart	Chicken Parmesan Baked Potato Mixed Vegetables Fresh Apple Sugar Cookie	Tilapia Almandine Tartar Sauce Parsley Orzo Lima Beans Dinner Roll w/ Butter Peach Cobble <i>Alternate: Lemon Chicken</i>
23	24	25	26	27
Chicken Gumbo Steamed Rice Chef's Choice Vegetable French Bread w/ Butter Fresh Orange Oatmeal Raisin Cookie	Baked Potato Soup Turkey Sandwich on a Hoagie Pasta Salad Rosy Applesauce Cookie	Beef Pot Roast Mashed Potatoes w/ Gravy Green Beans Dinner Roll w/ Butter Chocolate cake w/ icing Rcd: no icing	Italian Meatloaf Roasted Potatoes Mixed Vegetables Fresh Banana Blueberry Muffin	Tuna Noodle Casserole Carrots Break Stick w/ Butter Fresh Grapes M & M Cookie <i>Alternate: Turkey Noodle Casserole</i>
30	31			
Smothered Chicken Leg Au Gratin Potatoes Brussel Sprouts Dinner Roll w/ Butter Fresh Apple	Kielbasa With Peppers & Onions Mustard Potato Salad Bread Stick w/ Butter Fresh Fruit <i>Alternate: Beef Hot Dog</i>			

Reservations and Cancellations must be made three days in advance.

Meals include 1% milk and butter. RCD=restricted calorie dessert. If you are on a reduced calorie diet, please inform the site coordinator so the appropriate food can be delivered to you. We use only fresh, light or juice packed fruits; vegetables are served without salt or fat. Questions regarding meals or options can be directed to the site coordinator in your community at the numbers listed below, Monday through Friday mornings. Thank you for dining with CAP Agency Senior Nutrition!

SENIOR NUTRITION SITES

SCOTT COUNTY		CARVER COUNTY		DAKOTA COUNTY	
Belle Plaine	952-873-6311	Chaska (Different Menu)	952-361-5072	Apple Valley (different menu)	612-669-2910
Jordan	952-492-2208	Chanhausen	952-227-1127	Eagan (different menu)	612-987-9321
New Prague	952-758-2652	Waconia-HDM Only	952-442-5478	Farmington-HDM Only	612-940-9590
Prior Lake	952-447-8895			Hastings	651-604-7625
Shakopee-HDM Only	952-402-9814			Inver Grove Heights (different menu)	612-987-9321
(Different Menu)				Lakeville	612-669-2913
				Mendota Heights (different menu)	612-987-9321
				Rosemount (different menu)	612-669-2910

CAP Agency Senior Nutrition is funded through the Federal Older Americans Act by a contract with the Metropolitan Area Agency on Aging, state appropriations, CAP Agency and participant contributions. Your comments are welcome. Program staff can be reached at the Shakopee Office at 952-402-9855.