

Lancaster Senior Life Center Menu March 2026



Mon	Tue	Wed	Thu	Fri
2 Turkey Burgers Ranch Style Beans Potato Salad Bun Daily Dessert	3 Chicken Salad Sandwich Chips Cucumber and Tomato Salad Bread Daily Dessert	4 Ravioli stuffed w/ Italian Sausage & Cheese Corn Broccoli Roll Cookie	5 Chef Salad Crackers Daily Dessert	6 Breakfast Bar Eggs Home Style Potatoes Bacon or Sausage Assorted Breads
9 Chicken Meatballs Ziti Pasta Brussel Sprouts Daily Dessert	10 Tacos w/ Ground Beef Roasted Sweet Potatoes Yellow Rice Tortilla Daily Dessert	11 Pork Loin w/ Gravy Rice Pilaf Green Beans Roll Cinnamon Applesauce	12 Turkey or Ham Sandwich Chips Lettuce and Tomato Fruit Cup Cookie	13 Center Will Be Closed
16 Hamburgers French Fries Baked Beans Bun Cookie	17 Burrito Black Beans Spanish Rice Cake	18 Chicken Caesar Salad Crackers Fruit	19 Tuna Sandwich Coleslaw Potato Chips Bread Mixed Fruit	20 Salisbury Steak w. Brown Gravy Whipped Potatoes Mixed Vegetables Bread Daily Dessert
23 Chicken Teriyaki Noodles Spring Roll Cookie	24 Chicken Fajita Tacos Pinto Beans Spanish Rice Tortilla Pears	25 Spaghetti w/ Meat Sauce Corn Green Beans Garlic Bread Cupcakes	26 Battered Cod Macaroni and Cheese Broccoli Roll Daily Dessert	27 Calzone (Sausage Pepperoni) Italian Green Beans Garden Salad Daily Dessert
30 Chicken Alfredo Broccoli Side Salad Bread Cookie	31 Turkey Sloppy Joes Baked Beans Sweet Peas Bun Daily Dessert			

NUTRITION INFORMATION: Proper nutrition and hydration are key elements that can possibly prevent hospitalization or even placement in long-term care facilities. Our menus are designed to meet a minimum of 1/3 daily nutritional requirements for older adults as required by the state of Texas. This equates to 3 Ounces of protein, 2-3 servings of fruits and vegetables, 1 serving of grain, and 1 serving of milk. Note: **contains pork Due to unavailability of certain items, appropriate substitutions may need to be used.