

March 2026 NEWSLETTER

Our Mission: “Creating great experiences for older adults in a welcoming environment that encourages learning, active engagement, fitness, and healthy living.”

~Interim Director’s Brief~

“You are reborn with the roses, in every spring.” — Juan Ramón Jiménez 

~

The daffodil (Narcissus) is the birth flower for March, symbolizing rebirth, new beginnings, joy, and fresh insight, as it's one of the first vibrant flowers to bloom in spring, often in yellow, white, or orange. Jonquils are also associated with March as a type of fragrant daffodil, representing happiness and strong fresh starts, while the flower also carries meanings of good luck in Chinese culture and hope for cancer cures in the U.S.



~

Finally, March is the time for preparing your garden for the growing season. For some plants, this means taking your pruners and giving them their yearly trimming.

<https://www.epicgardening.com/plants-cut-back-march/>



There are so many things to celebrate this month. **March 12th** is National Girl Scouts Day.  **March 14th** is Pi day. π **March 17th** is St. Patrick’s Day and National Corned Beef with Cabbage Day, Yum!

March is here, and we’re excited to gear up for a fun and active spring season! As the days grow longer, we’re preparing to expand our programming with new classes, special events, and more opportunities to connect and learn together.

Fun Fact: March in Michigan is famous for its unpredictable weather—you might experience sunshine, rain, and snow all in the same week!

We look forward to a season of growth and fresh beginnings with you all. ~ **Jasmine**

Ypsilanti Senior Center, 1015 N Congress St, Ypsilanti, MI 48197

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9am-5pm

Website: w.ypsiseniorcenter.org | Email: info@ypsiseniorcenter.org Social: Facebook

Jasmine Figgins, Interim Director | J Blair, Program Coordinator | S McKinney, Special Projects

Code of Conduct

The Ypsilanti Senior Center is committed to creating a welcoming, inclusive environment that supports learning, connection, fitness, and healthy living for older adults. We welcome people of all backgrounds and identities and expect everyone who enters our space to contribute to a culture of respect, safety, and kindness. Discrimination, harassment, or behavior that undermines this welcoming environment will not be tolerated.

~Jasmin Figgins, Interim Director

*The **Ypsilanti Senior Center** is one of ten senior centers located in Washtenaw County. To support our work, all are now financially supported by the **Washtenaw Senior Millage** that was approved by voters in 2024. Financial support is also received from other community grants and member donations. On July 3, 2025, the **Washtenaw County Board of Commissioners** approved a regional **Office of Aging Services** to administer \$11 million dollars in **taxpayer-approved funds** that will directly benefit people ages 60 and older in our county. **Washtenaw County Voters, thank you!***



Below is information about the Commission on Aging and how to participate in meetings:
<https://www.washtenaw.org/4221/Commission-on-Aging>



YPSILANTI SENIOR CENTER

~Ypsilanti Senior Center (YSC) Activities, News, & Events~

Art! Facilitated by volunteer **Lynn E.** on **Fridays, 2:00 - 4:00 pm.** Come be creative!

Bingo! **Wednesdays, 12:30 - 2:30 pm,** and facilitated by volunteer **Deb P.,** this fun group plays Bingo at \$.25/card or \$1.00 for Cover-all.

Community Potluck: The monthly YSC **Community Potluck** will be held on **Thursday, March 12, 2026.** **Jim Mangi from Dementia-Friendly Saline** will be our guest speaker. Chicken salad will be served. Members and guests, please bring a complimentary side dish, dessert, or drink to share!

Computer Cybersecurity, University of Michigan A weekly class from 9:30 - 11:00 am will take place in the Great Room **Tuesdays in March except the 17th.** **James Giordani, MSW from UM Turner Senior Wellness Programs** will facilitate. Sign up at the YSC or call 734-998-7353 or email: tswp.info@umich.edu.

Crafting Class: **Tuesday afternoons, 12:30 - 2:30 pm** facilitated by volunteer **Lynn E.** Projects, ideas, and needs will be discussed at the first class. Let the instructor know what you would like to create! 🎨

Beginning Crochet Class: This class, led by member **Jennie V.,** will take **Tuesdays from 12:30 - 2 pm** for about 10 weeks. Further information and needed supplies will be discussed at the first class. **All are welcome!** 🧶

Diet & Gut Health: A presentation by **Gloria Mazinga & UM School of Public Health Students,** **Wednesday, March 11, 2026, 3:00 - 4:00 pm.** Please join us.

Euchre: **Mondays 12:30 -2:30 pm,** facilitated by **Donna S. and Joyce D.** Card players, please set up. Euchre is a card game for two to four players, usually played with the thirty-two highest cards, the aim being to win at least three of the five tricks played. 🃏

Freestyle Activities: **Thursday mornings 9:30 - 11:30am.** **Fellowship, television or music, and interaction!** In the spring, we may have more outside games. **Get on in there and mix & mingle!** Please join any activities in the **Great Room!**

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Freestyle Arts and Crafts - Tuesdays, 9:30 - 10:30 am in the Great Room. Painting, sewing, quilting, etc. Get together and create something beautiful in our circle of comfy chairs! Independent creations. *Ask for a personal easel and brushes if you would like to paint.*

Games and Such! Thursday afternoons 12:30 - 4, are set aside for board or card game meet-ups, and may eventually involve intergenerational games. Hand & Foot, Jenga, Checkers, and Chess are some of the games available. **Come join us.**

Gentle Chair Fitness: Join this gentle and fun group stretching & seated exercise class using instructional and participatory videos in the Great Room!. Mondays and Fridays, 10:30 am - 11:30 am led by volunteer **Judy S.**

Memory Cafe' meets on the 2nd Tuesday of the month, 2:00 - 4:00 pm, suspended until a facilitator is located. Memory Cafes are welcoming social gatherings for people living with changes in their memory or thinking, and the people who care about them More information: <https://dfamerica.org/what-is-memory-cafe/> 

The **Out-To-Eat Bunch** The 1st Friday restaurant luncheon group continues to meet. Coordinated by YSC volunteer **Joyce D.**, the next gathering will be **Friday, March 6, 2026**, at **Bob Evans Restaurant, 2411 Carpenter Road, Ann Arbor, 48108**, from 11:30 am - until. The restaurant phone number is [\(734\) 971-2220](tel:7349712220). *All are welcome. (BYOM).*



Puzzles & Crosswords - Mondays, 9:30 - 10:30 am and daily 3-4:45 pm. Independent or group activity. **Two 500 piece puzzles are in the Great Room.** *Please do not disturb the work of others but contribute to the completion of the puzzle while sharing the challenge and friendliness with others. Leave the puzzles and crossword books on the tables please. Use them whenever you'd like. **Puzzles and crossword books donated by the Washtenaw County Sheriff's Office, Community Engagement Team! Thank you!***

Resources & Social Group! Friday mornings at 9:30 am there will be fun group informational sessions on varying topics of interest to seniors. Friday **March 13, 2025**, **Jeff Tritten**, Health Education Specialist from **WOW (Washtenaw Optimal Wellness)** will present ***Lessons from the Blue Zone***. Come join us for coffee, fresh-baked refreshments, special guests, and information! <https://washtenawoptimalwellness.org/>

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Senior Nutrition Café Lunch Meals Meals are available 5 days/weekdays, 11:45 am - 12:30 pm. Registration and advance sign-up is required to participate in the meal program. For more information, please call the center or contact Sarah, at sarahmckinney@ypsiseniorcenter.org. Donations of \$3 accepted. Under age 60? Meals can be purchased for \$5.50 per person.

Weather - For inclement weather days, or if the temperature outside is -20 degrees or below, the Ypsilanti Senior Center will be closed and staff unavailable any time the Ypsilanti Community Schools are closed. Please see the schools' website for more information: www.ycschools.us.

YSC Volunteer Service Group & (Plarn [plastic yarn]) meets at the center on Tuesday mornings. Plarn sleeping mats created by this group are donated to the community shelter PEAC House, Ypsilanti. 🧶 🌐



We are located in Recreation Park in Ypsilanti. **Membership is free** at this time, but **required to participate in programming of any kind** in order to help track participation. **Most of our classes are free of cost, except for personal supplies.** All are welcome! Not a senior? Ask about **Intergenerational Programming.**

WASHTENAW COMMUNITY COLLEGE

YSC SENIOR FOCUS CLASSES (10 weeks)

WINTER 2026 SCHEDULE

For liability reasons, each participant of these classes must complete a registration form.
The following classes will resume at the center the week of January 12, 2026.

TAI CHI with KARLA

MONDAYS, BEGINNING JAN 12, 2026 – MAR 30, 2026

2:30 TO 3:30 PM

Skip Date: March 16, 2025

SENIOR FITNESS and CONDITIONING with MICHELLE

WEDNESDAYS, BEGINNING JAN 14, 2026 – APR 2, 2026

9:30 – 10:30 am

Skip Date: March 4, 2026

LINE DANCING with DEE

10:30 am – 11:30 am

WEDNESDAYS, BEGINNING JAN 14, 2026 – APR 2, 2026

Skip Date: Ask Instructor



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~Community News, Information, and Events~

<p>Area Agency on Aging 1-B</p>  <p>We help older adults age in the ways they choose.</p> <p>Website: https://www.ageways.org/</p> <p>More information: www.medicare.gov</p> <p>The Parts of Medicare:</p> <p>https://www.medicare.gov/basics/get-started-with-medicare/medicare-basics/parts-of-medicare</p>	<p>For information about Medicare (including those dual-eligible for Medicaid), please contact MI Options Medicare Assistance Program through the State Health Insurance Assistance Program (SHIP) at Ageways Senior Resources Information and MI Options for Washtenaw County: Ph: (800) 852-7795.</p> <p><i>Medicare Advantage Open Enrollment period is January 1st - March 31st annually.</i></p> <p><i>More information:</i> https://www.medicare.gov/publications/10050-medicare-and-you.pdf</p>
 <p>https://ccwwashtenaw.org/seniors/senior-resource-directory/</p> <p>Senior Resource Connect 925 Packard Street Ann Arbor, MI 48108 PH: (734) 971-9781</p>	<p>Senior Resource Connect program provides assistance to older adults and vulnerable community members by printing the annual resource directory, listing resources on the online senior directory, hosting a self-assessment quiz, and training community members to reach out to their vulnerable neighbors with our Good Neighbor Training. All of this can be found online at our new website address at:</p> <p>SeniorResourceConnectMI.org</p>

 <p>Movie Theatre https://w.cinemark.com/theatres/mi-ypsilanti/cinemark-ann-arbor-20-and-imax</p>	<p>Senior Discount all day Mondays (\$6.50) and before 6 PM on other days (\$7.00) Senior rate at all other times is (\$8.25)</p> <p>Address: 4100 Carpenter Rd, Ypsilanti, MI 48197 Phone: (734) 973-8424</p>
 <p>w.dfsaline.org</p> <p>DFS Movie Program: Movies are held on the second Wednesday of each month. <i>Please email kelsey.dfsaline@gmail.com to reserve your tickets.</i></p>	<p>Saline Emagine Theatre 1335 E Michigan Avenue Saline, MI 48176</p> <p><i>Wed, March 10th - Tootsie!</i></p> <p>Doors open at 1:00pm. Snacks, film facts, and fun begin at 1:15pm. Movie begins at 2:00pm Ticket cost: \$5 (Ticket price includes popcorn, soda and a light buffet.)</p>
 <p>13 N Washington, Ste 181, Ypsilanti (734) 259-4125</p>	<p>Built to help get around Washtenaw County without driving. No cost transportation offered to Washtenaw County residents ages 60+. Transportation can be provided to medical or healthcare appointments, grocery shopping, and food pantry appointments, including senior meals.</p> <p>Email: info@feonix.org Web: https://www.myride2.com/transit_providers/feonix-mobility-rising-washtenaw-transportation-assistance-hub/</p>



**Healthy Together
West Willow**

Health at Home & in Your Neighborhood

<https://westwillowhealth.org/>

Healthy Together is a community-based, volunteer and student run program focused on improving the health and wellness of older adults in the West Willow Neighborhood of Ypsilanti. It's easy to get started on a path of healthier living. The group focuses on a different health topic each month. Caregiver support available.

Parkridge Community Center For over 75 years, Parkridge Community Center has been a cornerstone of the city's South side. In 2012, Washtenaw Community College and the City of Ypsilanti partnered to create **WCC at Parkridge** to enhance our ability to serve the community. Parkridge offers a wide range of virtual and in-person programs and services for community members of all ages. We thank Parkridge for being a supporter of YSC.

Peace Neighborhood Center HUB (Healing, Unifying, Building) At PNCH, services are provided through a number of programs that work together in conjunction with Peace's mission of helping individuals discover options, enhance skills, and to make choices that lead to self-sufficiency and positive community involvement. **Each Tuesday evening, 5 - 6:30 pm, a free and delicious community dinner** is held, twice sponsored by **FedUp Ministries**, Ypsilanti. The whole neighborhood is welcome at **1515 S Harris, Ypsilanti. 48198**
<https://peaceneighborhoodcenter.org/about-us/hub-center/>



Ypsilanti Meals on Wheels: Nourishing our community. ❤️

Meals are prepared by **Michigan Medicine** and are menu-rotated on a 4-week cycle. All meals are low in salt and fat and appropriate for diabetics. We offer a daily hot meal to be enjoyed mid-day, as well as a chilled meal for the evening. Delivery for clients 60 and older is Monday through Friday and includes delivery on most major holidays. <https://ymow.org/>

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<p><u>Ypsilanti District Library Events</u> <u>March 2026</u></p> <p>Please see the library website to register, for listings of additional classes, or for more information: https://attend.ypsilibrary.org/events</p> <p>Senior Advisory Board Meeting March 19, 2026 1:00 PM</p>	<p><u>S.E.A.T.</u> Wednesdays in March - 1:00 PM YDL - Virtual/Online</p> <p>SEAT is a specialized low-impact, chair-based aerobic fitness program primarily designed for active adults, seniors, and those with mobility challenges. It is meant to improve, maintain, and increase physical strength, balance, and cognitive function. Free. Instructor Maydis Skeete</p>
<p><u>AARP Income Tax Preparation</u> Through - Apr 7: Tuesdays 9-6 PM YDL-Michigan Through - Apr 9: Thursdays 9-6 PM YDL - Whitaker</p> <p>YDL's free tax service from an AARP Tax Aide Volunteer. Make an appointment for assistance.</p>	<p><u>Board Game Meet-Up</u> 2nd Thursdays (March 12th), 6:30 PM YDL - Whitaker</p> <p>The library will provide a rotating selection of mostly lighter-complexity board games, but you can bring your own. Each session, a staff member will be on hand to teach and play a highlighted game for anyone interested.</p>
<p><u>YDL Guitar Club</u> Saturdays, March 7th & 21st, 2026 10:00 AM YDL- Michigan</p> <p>Join our long-running YDL Guitar Club to practice your skills, learn new songs, and play in a group!</p>	<p><u>Racial Justice Reading Group:</u> <u>Washtenaw Faces Race</u> Wednesday, Mar 18, 2026: 7:00 PM YDL- Superior</p> <p>Join Washtenaw Faces Race to discuss nonfiction books, articles, and reports exploring racism, privilege, discrimination, social justice, and our democracy.</p>
<p><u>From Boomers to Zoomers</u> Wednesday, Mar 11, 2026 - 10:30 PM YDL -Virtual</p> <p>Learn the basics of navigating the Zoom meeting interface. While working with other seniors, you can see yourself on camera, test your microphone, learn to chat, etc.</p>	<p><u>African American Authors Book</u> <u>Discussion Group</u> Tuesday, Mar 31, 2026 - 7 PM YDL-Virtual</p> <p>Join us for lively discussions of books by African American authors.</p> <p>Mar 31: 107 Days by Kamala Harris</p>

Activities Calendar

<p><u>Mon 3/2</u> <u>Puzzles & Crosswords</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness Video</u> 10:30 - 11:30 am</p> <p><u>Euchre</u> 12:30 - 2:30 pm</p> <p><u>WCC - Tai Chi w/Karla</u> 2:30 pm</p>	<p><u>Tues 3/3</u> <u>Computers & Seniors (UM)</u> Cybersecurity 9:30 - 11:00 am</p> <p><u>Plarn Project</u> 10:00 - 11:30 am</p> <p><u>Knitting/Crochet w/Jennie</u> 12:30 - 2:00 pm</p> <p><u>Crafts/Art w/Lynn</u> 12:30 - 2:30 pm</p>	<p><u>Wed 3/4</u> <u>WCC - Senior Fitness w/Michele</u> 9:30 - 10:30 am</p> <p><u>WCC - Line Dancing w/Dee</u> 10:30 - 11:30 am</p> <p><u>Bingo w/Deb</u> 12:30 - 2:30 pm</p> <p>Freestyle Activities 2:30 - 4:00 pm</p>	<p><u>Thurs 3/5</u> <u>Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Games and Such</u> 12:30 - 4:00 pm</p>	<p><u>Fri 3/6</u> <u>Resources & Social Group w/Staff</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness Video</u> 10:30 - 11:30 am</p> <p><u>Art w/Lynn</u> 2:00 - 4:00 pm</p>
<p><u>Mon 3/9</u> <u>Puzzles & Crosswords</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness Video</u> 10:30 - 11:30 am</p> <p><u>Euchre</u> 12:30 - 2:30 pm</p> <p><u>WCC - Tai Chi w/Karla</u> 2:30 pm</p>	<p><u>Tues 3/10</u> <u>Computers & Seniors (UM)</u> Cybersecurity 9:30 - 11:00 am</p> <p><u>Plarn Project</u> 10:00 - 11:30 am</p> <p><u>Knitting/Crochet w/Jennie</u> 12:30 - 2:00 pm</p> <p><u>Crafts/Art w/Lynn</u> 12:30 - 2:30 pm</p>	<p><u>Wed 3/11</u> <u>WCC - Senior Fitness w/Michele</u> 9:30 - 10:30 am</p> <p><u>WCC - Line Dancing w/Dee</u> 10:30 - 11:30 am</p> <p><u>Bingo w/Deb</u> 12:30 - 2:30 pm</p> <p>Diet & Gut Health Presentation 3:00 - 4:00 pm</p>	<p><u>Thurs 3/12</u> <u>Freestyle Activities</u> 9:30 - 11:30 am</p> <p>COMMUNITY <u>POTLUCK 11:45 am</u></p> <p><u>Games and Such</u> 12:30 - 4:00 pm</p>	<p><u>Fri 3/13</u> <u>Resources & Social Group w/ Guest Presenter WOW</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness Video</u> 10:30 - 11:30 am</p> <p><u>Art w/Lynn</u> 2:00 - 4:00 pm</p>
<p><u>Mon 03/16</u> <u>Puzzles & Crosswords</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness Video</u> 10:30 - 11:30 am</p> <p><u>Euchre</u> 12:30 - 2:30 pm</p> <p><u>WCC - Tai Chi w/Karla</u> 2:30 pm</p>	<p><u>Tues 3/17</u> <u>Freestyle Arts & Crafts</u> 9:30 - 11:30 am</p> <p><u>Plarn Project</u> 10:00 - 11:30 am</p> <p><u>Knitting/Crochet w/Jennie</u> 12:30 - 2:00 pm</p> <p><u>Crafts/Art w/Lynn</u> 12:30 - 2:30 pm</p>	<p><u>Wed 3/18</u> <u>WCC - Senior Fitness w/Michele</u> 9:30 - 10:30 am</p> <p><u>WCC - Line Dancing w/Dee</u> 10:30 - 11:30 am</p> <p><u>Bingo w/Deb</u> 12:30 - 2:30 pm</p>	<p><u>Thurs 3/19</u> <u>Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Games and Such</u> 12:30 - 4:00 pm</p> <p>YSC Board Meeting 6:30 PM</p>	<p><u>Fri 3/20</u> <u>Resources & Social Group w/Staff</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness Video</u> 10:30 - 11:30 am</p> <p><u>Art w/Lynn</u> 2:00 - 4:00 pm</p>
<p><u>Mon 3/23</u> <u>Puzzles & Crosswords</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness</u> 10:30 - 11:30 am</p> <p><u>Euchre</u> 12:30 - 2:30 pm</p> <p><u>WCC- Tai Chi w/Karla</u> 2:30 pm</p> <p>Repeats 3/30</p>	<p><u>Tues 3/24</u> <u>Computers & Seniors (UM)</u> Cybersecurity 9:30 - 11:00 am</p> <p><u>Plarn Project</u> 10:00 - 11:30 am</p> <p><u>Knitting/Crochet w/Jennie</u> 12:30 - 2:00 pm</p> <p><u>Crafts/Art w/Lynn</u> 12:30 - 2:30 pm</p> <p>Repeats 3/31</p>	<p><u>Wed 3/25</u> <u>WCC - Senior Fitness w/Michele</u> 9:30 - 10:30 am</p> <p><u>WCC - Line Dancing w/Dee</u> 10:30 - 11:30 am</p> <p><u>Bingo w/Deb</u> 12:30 - 2:30 pm</p>	<p><u>Thurs 3/26</u> <u>Freestyle Activities</u> 9:30 - 11:30 am</p> <p><u>Games and Such</u> 12:30 - 4:00 pm</p>	<p><u>Fri 3/27</u> <u>Resources & Social Group w/Staff</u> 9:30 - 10:30</p> <p><u>Gentle Chair Fitness Video</u> 10:30 - 11:30 am</p> <p><u>Art w/Lynn</u> 2:00 - 4:00 pm</p>

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SENIOR NUTRITION MENU | DAILY 11:45 am - 12:30 pm except where noted.

<p>Mon Mar/2</p> <p>Stir Fry Steak, Brown Rice, Oriental Vegetables, Mixed Fruit, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Tues Mar/3</p> <p>Shepherd's Pie, Mixed Vegetables, Pears, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Wed Mar/4</p> <p>Vegetable Lasagna, Baby Carrots, Mandarin Oranges, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Thurs Mar/5</p> <p>Hamburger Stroganoff, Peas & Pearl Onions, Peaches, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Fri Mar/6</p> <p>Quinoa Corn Cakes, Tofu Sauce, Mixed Veggies, Trop Fruit Blend, Low Fat Milk, Wheat Bread, Margarine</p>
<p>Mon Mar/9</p> <p>Ginger & Garlic Beef, Brown Rice, Broccoli, Mandarin Oranges, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Tues Mar/10</p> <p>Maple Glazed Chicken, Roasted Redskin Potatoes, Cabbage, Peaches, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Wed Mar/11</p> <p>Braised Beef, Mac & Cheese, Green Beans, Tropical Fruit, Low Fat Milk, Margarine</p>	<p>Thurs Mar/12</p> <p>POTLUCK CHICKEN SALAD 11:45 - 12:30</p>	<p>Fri Mar/13</p> <p>Chicken Enchilada, Brown Rice, Mixed Vegetables, Pineapple, Low Fat Milk</p>
<p>Mon Mar/16</p> <p>Meaty Ragu, Green Beans, Strawberry Applesauce, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Tues Mar/17</p> <p>Mediterranean Chicken, Rice, Garden Vegetable Blend, Papaya/Mango, Low Fat Milk, Bread, Margarine</p>	<p>Wed Mar/18</p> <p>Meatloaf, Mashed Potatoes, Mixed Vegetables, Mixed Fruit, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Thurs Mar/19</p> <p>Chicken Pasta/Veggies, Broccoli/Cauliflower, Mandarin Oranges, Wheat Bread, Margarine</p>	<p>Fri Mar/20</p> <p>Paprika Chicken, Mashed Potatoes, Green Beans and Carrots, Peaches Cup, Low Fat Milk, Wheat Bread, Margarine</p>
<p>Mon Mar/23</p> <p>Salisbury Steak, Rosemary Roasted Potatoes, Mixed Vegetables, Pineapple, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Tues Mar/24</p> <p>Chicken Noodle Soup w/Diced Veggies, Creamy Coleslaw, Potato Salad, Mandarin Oranges, Low Fat Milk, Biscuit</p>	<p>Wed Mar/25</p> <p>Roasted Turkey, Mashed Potatoes, Broc/Cauli/Carrot Blend, Trop Fruit Salad, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Thurs Mar/26</p> <p>Potato Crusted Pollack, Sweet Potato, Peas/Carrots, Strawberry Applesauce, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Fri Mar/27</p> <p>Tikka Marsala, Jasmine Rice, Green Beans, Apple, Low Fat Milk, Wheat Bread, Margarine</p>
<p>Mon Mar/30</p> <p>Stir Fry Steak, Brown Rice, Oriental Vegetables, Mixed Fruit, Low Fat Milk, Wheat Bread, Margarine</p>	<p>Tues Mar/31</p> <p>Shepherds Pie, Mixed Vegetables, Pears, Low Fat Milk, Wheat Bread, Margarine</p>			

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