

Rainbow Restaurant in Blair
Senior Dining & Fellowship
Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County
Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001
Serving Monday thru Friday from 11:30 to 12:30
Suggested Donation is \$ 4.00 per meal
(Anyone under 60 must pay the full meal cost of \$ 9.52)

March 2020

March 2nd – 6th:

- Monday: Grilled Cheese, Chili, Salad, Cake
Tuesday: Spaghetti w/ Meat Sauce, Corn, Garlic Bread, Fruit
Wednesday: Beef Roast, Whipped Potatoes w/ Gravy, Carrots, Pudding
Thursday: Beef Goulash, Green Beans, Fruit
Friday: Poorman's Lobster or Hand Breaded Fish, American Fries, Salad, Ice Cream

March 9th – 13th:

- Monday: Meatloaf, Whipped Potatoes w/ Gravy, Green Beans, Pie
Tuesday: Tatar Tot Hotdish, Mixed Vegetable, Fruit
Wednesday: Corned Beef & Cabbage, Whipped Potatoes, Carrots, Fruit
Thursday: Pork Roast, Whipped Potatoes w/ Gravy, Corn, Pudding
Friday: Poorman's Lobster or Hand Breaded Fish, Whipped Potatoes, Coleslaw, Cake

All Meals are served with Choice of Bread or Dinner Roll and 2% Milk and/or Coffee

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March 2020

March 16th – 22nd:

- Monday: Chopped Sirloin, Hash Browns, Peas, Ice Cream
Tuesday: Ham Loaf, American Fries, Corn, Fruit
Wednesday: Beef Roast Sandwich w/ Gravy, Whipped Potatoes w/ Gravy,
Green Beans, Cake
Thursday: Lasagna, Salad, Garlic Bread, Fruit
Friday: Poorman's Lobster or Hand Breaded Fish, Baked Potato,
Salad, Jello

March 23rd – 27th:

- Monday: Salisbury Steak, Whipped Potatoes w/ Gravy, Corn, Pie
Tuesday: Hamburger Gravy, Whipped Potatoes, Carrots, Fruit
Wednesday: Pork Roast, Whipped Potatoes w/ Gravy, Green Beans, Jello
w/ Fruit
Thursday: Chicken Ala King Over a Biscuit, Whipped Potatoes, Peas &
Carrots, Pudding
Friday: Poorman's Lobster or Hand Breaded Fish, Hash Browns,
Coleslaw, Cake

March 30th – 31st:

- Monday: Chicken Fried Steak w/Country Gravy, Whipped Potatoes,
Green Beans, Cake
Tuesday: Spaghetti w/ Meat Sauce, Corn, Garlic Bread, Fruit

All Meals are served with Choice of Bread or Dinner Roll and 2% Milk and/or
Coffee