



ANCHORAGE SENIOR ACTIVITY CENTER

Arctic Rose Meal Program

This program provides fresh daily meals to anyone 60+ years old for pickup or delivery.
Individuals must call (907)770-2044 to verify delivery eligibility.

Program Details:

- Call (907)770-2044 Monday-Friday between 9 AM-2 PM for ordering
- Place your order at least 24 hours in advance. Name and Birthdate required
- Meals are available for pickup in the Arctic Rose Restaurant between 10 AM-2 PM
- Meals are subject to availability and are subject to change
- Donations are greatly appreciated. However, meals are free for seniors 60 and older
- All meals are prepared per USDA guidelines and reviewed by a registered dietician

***MAY CONTAIN PORK**

March 2024 Menu

***VEGETARIAN**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Cod, Rice Pilaf, Peas & Carrots, and Fruit
4 Ham Steak , Scallop Potatoes, Peas & Carrots, and Fruit	5 BBQ Chicken, Baked Beans, Corn, and Fruit	6 Beef Stroganoff, Green Beans, and Fruit	7 Meatloaf, Mashed Potatoes & Gravy, Green Beans, and Fruit	8 Fried Shrimp, Fried Rice, Stir- Fry Vegetables, and Fruit
11 Spinach Frittata , Broccoli, and Salad	12 Herb Baked Chicken, Rice Pilaf, Mixed Vegetables, and Fruit	13 BBQ Ribs, Baked Beans, Corn, and Fruit	14 Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, and Fruit	15 Salmon, Roasted Potatoes, Peas & Carrots, and Fruit
18 Pork Loin , Stuffing, Peas & Carrots, and Fruit	19 Chicken Alfredo Fettuccini, Broccoli, and Fruit	20 Chicken Stir- Fry, Fried Rice, and Fruit	21 Roast Turkey, Mashed Potatoes & Gravy, Green Beans, and Fruit	22 Shrimp Scampi, Fried Rice, Peas & Carrots, and Fruit
25 Pork Chops , Mashed Potatoes & Gravy, Peas & Carrots, and Fruit	26 Chicken Enchiladas, Spanish Rice, Refried Beans, and Fruit	27 Sloppy Joe, Baked Beans, and Fruit	28 Meatball Marinara Fettuccini, and Salad	29 Baked Cod, Rice Pilaf, Peas & Carrots, and Fruit