



March 2018
Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			March 1 1 cup Chicken and Dumplings 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Warm Peaches
March 5 BBQ Beef Ribette 1/2 cup Cheesy Hashbrowns 1/2 cup Green Beans White Bread 1/2 cup Sliced Peaches	March 6 <u>March Birthdays</u> Baked Ham with Raisin Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Peas White Bread Birthday Cake	March 7 Meatball Minestrone (4) with 3 ounces Peppers, Onions, and Sauce 1/2 cup Butter Bowties 1/2 cup Yellow Beans Wheat Bread Fresh Seasonal Fruit	March 8 3 ounces Chicken Philly Sandwich with 2 ounces Peppers, Onions, and Cheese 1 cup Creamy Potato Soup with Crackers Hoagie Roll 1/2 cup Blushed Pears
March 12 Breaded Chicken Cutlet 1/2 cup Au Gratin Potatoes 1/2 cup Sweet Peas Wheat Bread 1/2 cup Mandarin Oranges	March 13 3/4 cup Baked Ziti with Meatballs (3) with Marinara Sauce and 1 ounce Cheese Topping 1 cup Caesar Salad Italian Bread 1/2 cup Tropical Fruit Salad	March 14 3 ounces Roasted Turkey with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Sliced Carrots White Bread Spice Cake with Icing	March 16 Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Seasonal Fruit
March 19 BBQ Chicken Breast 1/2 cup Scalloped Potatoes 1/2 cup Sweet and Sour Slaw Wheat Bread Brownie	March 20 Beef Brasciole with Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots White Bread 1/4 cup Cottage Cheese with 1/2 cup Sliced Peaches	March 21 Tomato and White Wine Braised Chicken Breast 1/2 cup Rice Pilaf 1/2 cup Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit	March 22 Porcupine Ball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Dinner Roll 1/2 cup Cinnamon Apples
March 26 4 ounces Burgundy Beef with Mushrooms over 1/2 cup Egg Noodles 1/2 cup Carrots Wheat Bread 1/2 cup Mixed Fruit Salad	March 27 Center Cut Pork Chop with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Braised Red Cabbage White Bread 1/2 cup Apple Cranberry Crisp	March 28 Pizza Burger 1/2 cup Baked Sweet Potato Bites 1/2 cup Creamy Coleslaw Hamburger Roll 1/2 cup Ice Cream	March 29 Potato Crusted Pollock 1/2 cup Cheesy Shells 1/2 cup Sweet Peas Biscuit Mandarin Oranges

*** All meals are subject to change ***

*** Served Daily: 8 ounces Milk and 1 teaspoon Margarine

FRIDAY

March 2

Baked Haddock Florentine
1/2 cup Rice Pilaf
1/2 cup Yellow Beans
Wheat Bread
1/2 cup Baked Pear Crisp

March 9

Baked Tuna Cake with Dill Sauce
1/2 cup Vegetable Rice Pilaf
1/2 cup Creamy Coleslaw
Whole Wheat Bread
1/2 cup Applesauce

March 16

St Patrick's Day Special

3 ounces Corned Beef and Cabbage
1/2 cup Mashed Potatoes
1/2 cup Green Beans
Dinner Roll
1/2 cup Pistachio Pudding



March 23

Black Bean Burger
with Lettuce and Tomato
1 cup Creamy Broccoli Soup
with Crackers
Hamburger Bun
1/2 cup Sliced Pears

March 30



**Senior Centers
Closed
for Good Friday**