

MARCH 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Roast Beef w/ Gravy Mashed Potatoes Steamed Spinach 100% Whole Wheat Bread Fresh Fruit	2	Lasagna Salad Bread	3	Cracker Crumb Haddock Rosemary Potatoes Baby Carrots / Tartar Sce 100 % Whole Wheat Bread Fresh Fruit
6	Beef Stroganoff Steamed Orzo Vegetable Medley 12 Grain Bread Fresh Fruit	7	Chicken Fajita's W/ all the Fixings	8	<u>NATIONAL COLD CUT DAY</u> Sliced Turkey American Cheese Club Roll Shredded Lettuce & Sliced Tomato Mayo & Mustard Packets Fresh Fruit Yogurt Cup	9	Beef Stew Salad Bread	10	Vegetable Lasagna Zucchini Garlic Knot Fresh Fruit
13	Pork Meatballs w/ Gravy Garlic Smashed Potato Vegetable Blend 100% Whole Wheat Bread Fresh Fruit	14	Eggs French Toast Bacon	15	Grape Juice All Beef Hot Dog / Hot dog Bun/ Ketchup, Mustard, Relish Smoked Baked Beans Mixed Vegetables Fresh Fruit	16	Mac & Cheese Steamed Broccoli	17	St. Patrick's Day Luncheon!! Corned beef/ Cabbage Potatoes YUM 😊
20	Boneless Chicken Marsala Pesto Pasta Italian Vegetables Garlic Knot Fresh Fruit	21	BBQ Ribs Potato Salad	22	Pot Stickers w/ Duck Sce Vegetable Fried Rice Oriental Vegetable Blend Dinner Roll Fresh Fruit	23	Sausage & Peppers Salad Bread	24	Ricotta Stuffed Shells Marinara Sauce California Blend Veg Dinner Roll Fresh Fruit Oatmeal Cookie
27	Sofrito Boneless Pork Chop Spanish Roasted Potatoes Broccoli Normandy	28	Tomato Soup[Grilled Cheese Sandwich	29	Roasted Turkey w/ Gravy / Cranberry Sce Cornbread Stuffing Asparagus Wheat Bread Fresh Fruit	30	Hot Dog Baked Beans	31	Shrimp w/ Lo Mein Noodles Steamed Cauliflower Dinner Roll Mandarin Orange Cups

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older.

SUGGESTED DONATION: \$4.00

The menu is subject to change due to possible unavailability of product. Thank-you very much for your understanding !

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	Cornbread Fresh Fruit							
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