







March Menu 2023

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 	<p>Alternative meal options:</p> <ul style="list-style-type: none"> • Creamy Carrot Soup • Spinach Ravioli with Alfredo Sauce • Clam Chowder • Broccoli Cheddar Soup <p><i>*Alternatives subject to availability*</i></p>	<p>1 Baked Salmon Wild Rice Steamed Carrots Mandarin Cup Milk</p>	<p>2 Open-faced Turkey Sandwich on Whole Wheat Bread with Gravy Green Beans with Bacon Whole Orange Assorted Muffin & Milk</p>	<p>3 Chicken Pot Pie Brussel Sprouts Cherry Compote Chocolate Milk</p>
<p>6 Crab Cake Au Gratin Potatoes Mixed Vegetables Mixed Fruit Cup Milk</p> 	<p>7 Tri Tip Diced Red Potatoes Cauliflower Florets Whole Wheat Dinner Roll Crisp Apple & Milk</p>	<p>8 Pork and Black Bean Enchilada Bake Corn and Peppers Fresh Pear Chocolate Milk</p>	<p>9 Teriyaki Chicken Fried Rice Asian Vegetables Mandarin Oranges Fortune Cookie & Milk</p> 	<p>10 Cheese Tortellini with Pesto Italian Blend Vegetables Garlic Breadstick Whole Orange Milk</p>
<p>13 Fish and Chips Tartar Sauce Steamed Carrots Orange Fig Newton Cookies & Milk</p>	<p>14 Spaghetti with Meat Sauce Italian Blend Vegetables Garlic Breadstick Fresh Pear Milk</p>	<p>15 Turkey Sandwich on Rye Bread with the Fixings Potato Chips Mixed Melon Milk</p>	<p>16 Baked Chicken Thigh Cheddar Potatoes Broccoli Florets Fresh Apple Chocolate Chip Cookie & Milk</p>	<p>17 Savory Corned Beef Cabbage, Potatoes and Carrots Rye Bread and Butter Gelatin Mixed Fruit Cup Milk</p> 
<p>20 Chicken Fried Brown Rice Stir Fry Vegetables Mandarin Orange Fortune Cookie Milk</p>	<p>21 Salisbury Steak Mashed Potatoes with Gravy California Blend Vegetables Applesauce Vanilla Wafers & Milk</p>	<p>22 Meatball Sandwich with Mozzarella and Marinara on a Whole Wheat Bun Roasted Brussel Sprouts Whole Pear & Milk</p> 	<p>23 Ravioli and Red Sauce Whole Wheat Roll Zucchini Chunks Fruit Cup Milk</p>	<p>24 Sliced Honey Glazed Ham Butternut Squash California Blend Vegetables Whole Wheat Hawaiian Roll Kiwi Fruit & Milk</p> 
<p>27 Chicken Fajitas Flour Tortillas Mandarin Orange Snickerdoodle Cookie Milk</p>	<p>28 Pork Stew with Potatoes and Carrots Brussel Sprouts Cornbread Apple Compote & Milk</p>	<p>29 Savory Meatloaf Mashed Potatoes with Gravy Italian Vegetables Whole Wheat Roll Whole Orange & Chocolate Milk</p>	<p>30 Shrimp Scampi Linguini Pasta Green Beans Applesauce Milk</p>	<p>31 Baked Macaroni and Cheese with Bacon Roasted Asparagus Petite Banana Milk</p>

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

For reheating instructions, please see the other side of this menu.

Service is subject to interruption due to weather or power outages. Menu is subject to change.

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