



# MARCH



## Meals on Wheels Lunch Menu Provided by AgeSpan

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Stuffed Chicken <i>Broccoli &amp; Cheese Supreme Sauce</i> Orzo & Peas, Beets MG Bread Mandarin Orange Cup	<b>3</b> Vegetable Frittata <i>Spinach &amp; Feta</i> Roasted Potatoes Capri Blend Vegetables Fruit Loaf Yogurt Juice (no milk)	<b>4 Cold</b> Deli Turkey & Swiss Cheese Three Bean Salad <i>Congregate: Carrot Ginger Soup instead of Bean Salad</i> Garden Salad w/Dressing Wheat Pita Fruit Cup	<b>5</b> American Chop Suey Beef, Pasta, Tomato Sauce Cauliflower WW Garlic Roll Fresh Fruit	<b>6</b> Lentils & Vegetarian Gravy Carrots Mashed Potato Biscuit (HDM) Cookie
<b>9</b> Meatloaf w/Gravy <i>Beef &amp; Turkey</i> Gravy Mashed Potatoes Green Beans Oat Bread Gelatin Cup	<b>10</b> Baked Pollock Garlic & Dill Sauce Brown Rice Beets WW Bread Mandarin Orange Cup	<b>11</b> Hot Dog (LS Beef/Pork) Hot Dog Bun Baked Beans Coleslaw Warm Cinnamon Pears	<b>12 Birthday</b> Breaded Chicken Marry Me Sauce Quinoa Mixed Vegetables LS WW Bread Cupcake	<b>13</b> Cheese Ravioli Alfredo & Mushroom Sauce Garlic Spinach <i>Congregate: Tomato/Spinach Soup instead of Garlic Spinach</i> MG Bread Fruit Cup
<b>16</b> Chicken & Sausage Gumbo White Rice Biscuit Fruit Cup	<b>17 Special</b> Corned Beef with Au Jus Cabbage Wedge Cubed Carrot & Turnip Steamed Potatoes Marble Rye Mint Brownie 	<b>18</b> Chicken Meatballs Honey & Garlic Sauce Rice Noodles, Broccoli <i>Congregate: Chinese Veg soup instead of Broccoli</i> WW Dinner Roll Fresh Fruit	<b>19</b> White Ground Turkey Chili with Chick Peas, Corn & Sweet Potato Green Beans Corn Bread Chocolate Pudding	<b>20</b> Breaded Eggplant Parmesan Pasta California Vegetable Blend LS WW Bread Mandarin Orange Cup
<b>23</b> Sliced Turkey w/Gravy Mashed Potato Green Beans LS Wheat Bread Fruit Cup	<b>24</b> Grilled Chicken Indian Butter Sauce White Rice Peas & Pearl Onions Pita Bread Mandarin Orange Cup	<b>25</b> Potato Crunch Fish Lemon & Herb Couscous Capri Blend Vegetables <i>Congregate: Minestrone Soup instead of Capri Blend Veg</i> MG Bread, Cookie	<b>26 Red Sox Opening Day</b> Pork Sausage with Peppers and Onions Corn Warm Fruit Crisp Sub Roll Garden Salad w/Dressing	<b>27</b> Broccoli Egg Bake Roasted Potatoes Beets Fruit Loaf Yogurt Juice (no milk)
<b>30</b> Sliced Beef Burgundy Sauce with Carrots & Onions Egg noodles MG Bread Pineapple Cup	<b>31</b> Pork w/Orange Sauce Broccoli Vegetable Rice Dinner Roll Fruit Cup	Meals are served daily at the Senior Center from 11:30 to 11:45am. Sign up with Jenn in the kitchen in advance at the Senior Center weekday mornings. To arrange for home delivery please call AgeSpan at 1-800-892-0890.		