

**March 2018
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			March 1	March 2
			1 cup Chicken and Dumplings 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Warm Peaches	Baked Haddock Florentine 1/2 cup Rice Pilaf 1/2 cup Yellow Beans Wheat Bread 1/2 cup Baked Pear Crisp
March 5	<u>March Birthdays</u>	March 6	March 7	March 8
BBQ Beef Ribette 1/2 cup Cheesy Hashbrowns 1/2 cup Green Beans White Bread 1/2 cup Sliced Peaches	Baked Ham with Raisin Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Peas White Bread Birthday Cake	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	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	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 12	March 13	March 14	March 15	March 16
Breaded Chicken Cutlet 1/2 cup Au Gratin Potatoes 1/2 cup Sweet Peas Wheat Bread 1/2 cup Mandarin Oranges	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	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	Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Seasonal Fruit	<u>St Patrick's Day Special</u> 3 ounces Corned Beef and Cabbage 1/2 cup Mashed Potatoes 1/2 cup Green Beans Dinner Roll 1/2 cup Pistachio Pudding 
March 19	March 20	March 21	March 22	March 23
BBQ Chicken Breast 1/2 cup Scalloped Potatoes 1/2 cup Sweet and Sour Slaw Wheat Bread Brownie	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	Tomato and White Wine Braised Chicken Breast 1/2 cup Rice Pilaf 1/2 cup Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit	Porcupine Ball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Dinner Roll 1/2 cup Cinnamon Apples	Black Bean Burger with Lettuce and Tomato 1 cup Creamy Broccoli Soup with Crackers Hamburger Bun 1/2 cup Sliced Pears
March 26	March 27	March 28	March 29	March 30
4 ounces Burgundy Beef with Mushrooms over 1/2 cup Egg Noodles 1/2 cup Carrots Wheat Bread 1/2 cup Mixed Fruit Salad	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	Pizza Burger 1/2 cup Baked Sweet Potato Bites 1/2 cup Creamy Coleslaw Hamburger Roll 1/2 cup Ice Cream	Potato Crusted Pollock 1/2 cup Cheesy Shells 1/2 cup Sweet Peas Biscuit Mandarin Oranges	

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

Reserve your meal at least ones business day in advance; stop in or call 717-938-4649

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