



# March 2019

## Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>March 1</b>
				Baked Chicken with Gravy 1/2 cup Whipped Potatoes 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Peaches
<b>March 4</b>	<b>March Birthdays</b>	<b>Ash Wednesday</b>		<b>March 8</b>
Smokey BBQ Burger Topped with Cheddar Cheese, BBQ Sauce, and Crispy Onions 1/2 cup Ranch Potatoes Sandwich Roll Fresh Seasonal Fruit	Open Face Hot Turkey Sandwich with Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Crinkle Cut Carrots White Bread <b>Birthday Cake</b>	Breaded Fish Sandwich 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Sandwich Roll Fresh Fruit Tartar Sauce	Baked Meatloaf with Gravy Baked Potato with Margarine 1/2 cup Mixed Bean Medley White Bread Cherry Chip Cake	Baked Salmon with White Wine Cream Sauce 1/2 cup White Rice 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Pineapple Tidbits
<b>March 11</b>	<b>March 12</b>	<b>March 13</b>	<b>March 14</b>	<b>March 15</b>
Breaded Chicken Sandwich with Condiments 1/2 cup Parsley Potatoes Sandwich Roll 1/2 cup Mandarin Oranges	Roasted Pork Loin with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Lima Beans White Bread 1/2 cup Sliced Apples	Baked Porcupine Ball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Cinnamon Raisin Bread Pudding	Chef Salad (1 ounce Ham, 1 ounce Turkey, Cheese, and 1 Egg with 1 cup Lettuce/Tomato, and Dressing 1/2 cup Beets 1 Slice Wheat Bread Fresh Fruit	Tuna Salad Sandwich with Lettuce and Tomato 1 cup Cheesy Broccoli Soup with Crackers Sandwich Roll 1/2 cup Pears
<b>March 18</b>	<b>March 19</b>	<b>March 20</b>	<b>March 21</b>	<b>March 22</b>
<b>St Patrick's Day Special</b> Corned Beef and Cabbage (3 ounces Corned Beef, 2 ounces Cabbage) 1/2 cup Mashed Potatoes 1/2 cup Green Beans Dinner Roll 1/2 cup Pistachio Pudding	Mango BBQ Chicken Breast 1/2 cup Brown Rice 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Apple Cranberry Crisp	Pot Roast with 1 ounce Gravy 1/2 cup Baked Potato with Margarine 1/2 cup Sliced Carrots Italian Bread Cookie	Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Fruit	Crab Cake 1/2 cup Cheesy Twists 1/2 cup Baked Beans Whole Grain Dinner Roll 1/2 cup Mandarin Oranges
<b>March 25</b>	<b>March 26</b>	<b>March 27</b>	<b>March 28</b>	<b>March 29</b>
Hot Dog 1/2 cup Cheesy Whipped Potatoes 1/2 cup Sweet Peas Hot Dog roll Fresh Seasonal Fruit	1 cup Chili Con Carne 1 cup Tossed Salad with Tomato and Dressing 1/2 cup Baked Potato with Margarine Whole Grain Mini Biscuit Cookie	Burgundy Meatballs with Mushrooms over 1/2 cup Egg Noodles 1/2 cup Carrots Wheat Bread 1/2 cup Mixed Fruit Salad	Warm Ham and Cheese on Ciabatta 1 cup Creamy Tomato Bisque with Crackers Whole Grain Ciabatta Roll Fresh Fruit	Vegetable Lasagna with Vegetable Cream Sauce 1 cup Tossed Salad with Hardboiled Egg, Cucumber, and Dressing Breadstick Cottage Cheese and Diced Peaches

\*\*\* All meals are subject to change \*\*\* *Please reserve your meal by 10:30 AM at least one business day in advance by calling 717-938-4649*  
 \*\*\* Served Daily: 8 ounces Milk and 1 teaspoon Margarine