



## March 2020 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>March 2</b> Bratwurst -1 piece 1/2 cup Scalloped Potatoes 1/2 cup Wax Beans Hot Dog Roll Mustard Packet 1/2 cup Pears	<b>March 3</b> <b>March Birthdays</b> Meatloaf 1/2 cup Mashed Potatoes 1/2 cup Mixed Vegetables Wheat Bread <b>Birthday Cake</b>	<b>March 4</b> Baked Ham with Fruit Sauce-1 oz sauce 1/2 cup Sweet Potatoes 1/2 cup Green Beans White Bread Fresh Fruit	<b>March 5</b> Greek Chicken Salad (3 oz Diced Chicken, Black Olives, Red Onion, Tomato & Mozzarella Cheese) 1 cup Mixed Greens with dressing 1 cup Wedding Soup with crackers Dinner Roll 1/2 cup Mandarin Oranges	<b>March 6</b> Tuna Salad Sandwich-1/2 cup with Lettuce & Tomato 1/2 cup Potato Salad 1/2 cup Marinated Beans 2 slices Wheat Bread Fresh Fruit
<b>March 9</b> BBQ Pulled Pork-1/2 cup 1/2 cup Seasoned Potatoes 1/2 cup Coleslaw White Bread 1/2 cup Warm Apples	<b>March 10</b> Baked Ziti 3/4 cup with Meatballs (3) Marinara Sauce with .5 oz Cheese Topping 1 cup Tossed Salad with cucumber and dressing Garlic Bread 1/2 cup Mixed Fruit Salad	<b>March 11</b> Chicken Caesar Club-1 each (w/lettuce, tomato, cheese & condiments) 1 cup Creamy Broccoli Soup with crackers Sandwich Roll 1/2 cup Blushed Pears	<b>March 12</b> Salisbury Steak with Onion Gravy-1 each 1/2 cup Whipped Potatoes 1/2 cup Diced Carrots Wheat Bread 1/2 cup Pineapple Delight	<b>March 13</b> Seafood Mac & Cheese - 1 cup 1/2 cup Stewed Tomatoes Whole Grain Dinner Roll Fresh Fruit
<b>March 16</b> Sweet & Sour Roasted Pork-1 slice 1/2 cup Blended Rice Pilaf 1/2 cup Peas & Carrots Whole Grain Dinner Roll 1/2 cup Mixed Fruit	<b>March 17</b> <b>St Patrick's Day Special</b> Corned Beef & Cabbage-3/4 cup 1/2c. Mashed Potatoes 1/2c. Green Beans Dinner Roll 1/2c. Pistachio Pudding	<b>March 18</b> Chicken & Biscuit-1 cup 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Peaches	<b>March 19</b> Baked Meatloaf Marinara- 1 each 1/2 cup Au Gratin Potatoes 1/2 cup Corn Wheat Bread 1/2 cup Sliced Pears	<b>March 20</b> Vegetable Lasagna-1 piece topped with Vegetable Cream Sauce 1 cup Tossed Salad with hard boiled egg, cucumber, & dressing Breadstick 1/2 cup Pineapple
<b>March 23</b> Lemon Pepper Chicken with Gravy-1 piece 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread Fresh Fruit	<b>March 24</b> Roasted Turkey -3 oz with Gravy- 2 oz 1/2 cup Sweet Potatoes 1/2/ cup Lima Beans White Bread 1/2 Cup Sliced Apples	<b>March 25</b> Chicken Taco- 3oz Chicken with 1 oz Sour Cream & Lettuce 1/2 cup Seasoned Corn & Blackbeans 1/2 cup Seasoned Rice Soft Tortilla Shell Fresh Fruit	<b>March 26</b> Baked Porcupine Ball with Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Carrots Dinner Roll 1/2 cup Chocolate Pudding	<b>March 27</b> Breaded Fish Sandwich with Cheese & Lettuce 1c. Homemade Vegetable Soup w/crackers WG Sandwich Roll 1/2c. Mixed Fruit
<b>March 30</b> Pot Roast- 3 oz with 1 oz Gravy 1/2c. Parsley Potatoes 1/2c. Sliced Carrots Italian Bread Cookie	<b>March 31</b> Swedish Meatballs (4) over Noodles 1/2c. Peas Wheat Bread 1/2c. Mixed Fruit Salad			

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