






**MARCH 2023**  
**CONGREGATE MEAL MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Four Cheese Chicken Penne – Yellow Squash – Garlic Spinach – Orange Juice – Multigrain Bread – Tapioca Pudding & Milk	<b>2</b> Swedish Meatballs – Wax Beans – Sweet Peas – Mashed Potatoes – French Roll – Fresh Grapes & Milk	<b>3</b> Sole Florentine w/Spinach & Swiss – Asparagus – Carrots – Orange Juice – Wild Rice – Wheat Bread – Brownie & Milk
<b>6</b> Coconut Chicken – Fresh Broccoli – Orange Juice – Steamed Red Potatoes – Rye Bread – Mixed Melon & Milk	<b>7</b> Eggplant Parmesan – Roasted Rutabaga – Capri Blend – Bow Tie Pasta – Italian Bread – Lemon Pound Cake & Milk	<b>8</b> Homemade Meatloaf w/Mushroom Gravy – Split Pea & Ham Soup – Asparagus – Roasted Potatoes – Multigrain Bread – Mandarin Oranges & Milk	<b>9</b> Turkey Burger – Roasted Zucchini w/Mushrooms – Spinach – Apple Juice – Wheat Bun – Cheese Cake w/Fresh Berries & Milk	<b>10</b> Popcorn Shrimp – Brussels Sprouts – Carrots – Cous Cous – Assorted Roll – Fresh Cut Fruit & Milk
<b>13</b> Stuffed Peppers w/Tomato Sauce – Steamed Cauliflower – Lima Bean Sauté – Wheat Bread – Fresh Orange & Milk	<b>14</b> Shrimp in a Pink Cream Sauce – Broccoli – Orange Juice – Carrots – Cavatelli Pasta – Sourdough Bread – Oatmeal Raisin Cookies & Milk	<b>15</b> Chicken Milano w/Mushroom Gravy – Garlic Green Beans w/Mushrooms – Corn Sauté – Pumpernickel Bread – Fresh Pear & Milk	<b>16</b> Hearty Beef Stew – Cranberry Juice – Brussels Sprouts – Noodles – Wheat Bread – Blondie & Milk	<b>17</b> Corned Beef & Cabbage – Carrots – Red Potatoes – Irish Soda Bread – Carrot Cake & Milk 
<b>20</b> Apple Glazed Ham – Brussel Sprouts – Apple Juice – Scallop Potatoes – French Roll – Peach Crisp & Milk	<b>21</b> Stuffed Rigatoni Bolognese – Normandy Blend – Baked Yellow Squash – Italian Bread – Clementine & Milk	<b>22</b> Chicken Caprina – Fresh Broccoli – Peas & Carrots – Orzo – Dinner Roll – Pineapple Chunks & Milk	<b>23</b> Shepherd’s Pie – Cauliflower – Roasted Zucchini – Sourdough Bread – Fresh Orange & Milk	<b>24</b> Flounder Newburg – Garlic Spinach – Grape Juice – Sweet Potato – Wheat Berry Bread – Tropical Fruit & Milk
<b>27</b> Chicken Puttanesca – Kale – Apple Juice – Polenta – Italian Bread – Mixed Fruit Cobbler & Milk	<b>28</b> Sage Pork Roast – Red Cabbage – Cauliflower – Buttered Noodles – Wheat Bread – Sliced Peaches & Milk	<b>29</b> Four Cheese Chicken Penne – Yellow Squash – Orange Juice – Garlic Spinach – Multigrain Bread – Tapioca Pudding & Milk	<b>30</b> Swedish Meatballs – Wax Beans – Sweet Peas – Mashed Potatoes – French Roll – Fresh Grapes & Milk	<b>31</b> Sole Florentine w/Spinach & Swiss – Asparagus – Orange Juice – Wild Rice – Wheat Bread – Brownie & Milk

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Please inform Center staff if you have a food allergy

**GRAB ‘N GO MEALS – PRE-REGISTRATION REQUIRED**

*Alternative Entrée:*

**NOT AVAILABLE FOR GRAB ‘N GO**

**Week of March 1 & 27**  
**Week of March 6**  
**Week of March 13**  
**Week of March 20**

**Hot:** Pizza  
**Hot:** Ham & Cheese on a Croissant  
**Hot:** Shrimp Po Boy  
**Hot:** Cheese Quesadilla

**Cold:** Cranberry Apple Chicken Salad Plate  
**Cold:** Cottage Cheese & Fruit Plate  
**Cold:** Egg Salad Plate  
**Cold:** Turkey & Cheese on Rye

**Thought of the Month:**

“May the luck of the Irish lead to happiest heights,  
And the highway you travel be lined with green lights.”