




March 2025

York County

Monday	Tuesday	Wednesday	Thursday	Friday
3 3oz Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	4 Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c. Coin Carrots 1 Breadstick 1/2c Mandarin Oranges 	5 Ash Wednesday Tuna Salad Sandwich (4oz) 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	6 Baked Ravioli (6) w/ 2oz Tomato Cream Sauce 1/2c Green Beans 1/2c Mandarin Oranges 1 Italian Bread	7 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail
10 Sweet & Sour Pork (4) 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit	11 3oz Pot Roast w/ 2oz Gravy 1/2c mashed potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	12 Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit 	13 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	14 Baked Breaded Fish 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
 Happy St. Patrick's Day! 17 3oz Corned Beef 1/2c Cabbage 1/2c Parsley Potatoes 1 Rye Bread 1/2c Pistachio Pudding 	18 Burgundy Glazed Meatballs (4) w/ Mushrooms 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	19 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Gelatin	20 4oz Cajun Chicken Alfredo 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple 	21 4oz Creamy Egg Salad Sandwich Lettuce & Tomato 1c Cream of Cauliflower Soup 2 Whole Wheat Bread 1/2c Applesauce Cookie
24 Creamy Parmesan Pork Chop (3oz Pork, 2oz Sauce) 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie	25 1 Lasagna Roll with Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit 	26 Chicken Brushetta (3oz chix, 2oz tomatoe, .5oz cheese) 1/2c Pesto Pasta 1/2c Coin Carrots 1 Dinner Roll Fresh Fruit	27 <i>(Bagged Lunch - Reserve by 3/19)</i> Sweet Bologna American Cheese Lettuce & Tomato Cole Slaw Fresh Fruit Cookie Iced Tea	28 Baked Crab Cake 1c Tomatoe Basil Bisque 1/2c Corn White Bread 1/2c Cinnamon Apple Slices
31 1c Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange	Make your reservation on Copilot 2 days before you plan to join us using the QR code and entering your email address and Copilot barcode letters and numbers as the password *menu subject to change based on availability or call 717-225-0733 ext. 105. See a staff member with questions.	 https://community.copilot21.com	