

MON

TUE

WED

THU

FRI

All members are eligible to sign up! Must preregister by 7 am the day prior to coming into the center. Sign up on Copilot ("Grab & Go" to get a takeout meal or "Regular Lunch" for congregate meal) or by leaving a message on the machine at 717.225.0733 ext 105.

1 Breaded Fish Sandwich
1/2 c Cheesy Potatoes
1/2 c Peas
1 Hamburger Bun
1/2 c Cottage Cheese & Peaches

4
1/2 c Pot Roast w/ Gravy
1/2 c Parsley Potatoes
1/2 c Coin Carrots
1 Italian Bread
1/2 c Peach Crisp

5
Chicken Marsala w/
2 oz Mushroom Sauce
1/2 c Blended Rice
1/2 c Green Beans
1 Breadstick
1/2 c Applesauce

6
Pasta & Meatballs (4)
1/2 c Pasta w/ Marinara
1 c Tossed Salad w/ Tomato
1 Garlic Breadstick
1/2 c Mixed Fruit Salad

7
Pepper Steak
w/ Onions & Peppers
1/2 c Whipped Potatoes
1/2 c Diced Carrots
1 Wheat Bread
1/2 c Blushed Pears

8
Creamy Egg Salad Sandwich
w/ Lettuce & Tomato
1 c Tomato Soup w/ Crackers
2 Whole Wheat Bread
1/2 c Cinnamon Applesauce

11
BBQ Pulled Pork
1/2 c Creamy Coleslaw
1/2 c Green Beans
1 Sandwich Roll
Seasonal Fresh Fruit

12
Cheeseburger Stroganoff
1/2 c Green Beans
1 Breadstick
Fresh Fruit

13
Chicken Cobb Salad
3 oz Diced Chicken, Egg,
Bacon Bits, Cheddar, over
1 c. Mixed Greens
1/2 c Diced Beets
1 Dinner Roll
1/2 c Pudding

14 St. Patrick's Day Party
1 c. Winter Beef Stew
1/2 c Mixed Veggies
Cornbread
1/2 c Apple Crisp



15
Vegetable Lasagna
Topped w/ Cream Sauce
1 c Tossed Salad w/ Dressing
1 Garlic Bread
1/2 c Fruit Cocktail

18
Honey Rosemary Chicken
1/2 c Diced Potatoes
1/2 c Green Beans
1 White Bread
1/2 c Peaches

19
1 c Pizza Casserole
1 c Tossed Salad
1/2 c Coin Carrots
1 White Bread
1/2 c Pudding

20
Baked Meatloaf w/ Gravy
Baked Potato w/ Margarine
1/2 c Peas
1 White Bread
Seasonal Fresh Fruit

21 Party Day!
Open-Faced Turkey
Sandwich w/ Gravy
1/2 c Whipped Potatoes w/
Chives
1/2 c Corn
1 White Bread
1 Cookie



22
1/2 c Tuna Salad
w/ Lettuce & Tomato
1 c. Cream of Potato Soup
2 White Bread
Fresh Orange

25
BBQ Chicken Breast
1/2 c Sweet Potatoes
1/2 c Green Beans
1 Dinner Roll
Seasonal Fresh Fruit

26
Grilled Chicken Salad
2 oz Chicken, 1 oz Cheddar,
over 1 c. Mixed Greens w/
Tomato
1 c Vegetable Soup
1 Dinner Roll
1/2 c Gelatin

27
Swedish Meatballs (4)
1/2 c Rice
1/2 c Mixed Veggies
1 Wheat Bread
1/2 c Pears

28 Wellness Fair!
Sliced Turkey
Lettuce & Tomato
Potato Salad
2 Whole Wheat Bread
Fresh Fruit
Brownie
Lemonade
Reserve by: 3/20

29 Center Closed

Good Friday!

Served Daily: Milk and Margarine. *Menu Subject to Change.