

March 2018 Congregate Meal Program Suggested Donation: \$2.25

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Before getting lunch, please inform your server of any</p>			<p>1) Chicken Pot Pie w/peas & carrots, steamed red bliss potatoes, yogurt & juice, dinner roll Calories: 621; Sodium: 539</p>	<p>2) Breaded Fish w/lemon wedge, mac & cheese, tomato soup w/crackers, cantaloupe & whole wheat bread Calories: 679; Sodium: 946 Café: Eggplant Rollatini w/pasta, marinara sauce & garlic bread</p>
<p>5) Curry Chicken w/cauliflower & peas, white rice w/cilantro, fresh fruit & wheat bread Calories: 658; Sodium: 367</p>	<p>6) Travel Chef Pasta w/a special choice of either alfredo or marinara sauce, meatball, garlic broccoli, Vienna bread & limoncello cake Calories: N/A; Sodium: N/A</p>	<p>7) Honey Rosemary Pork w/roasted sweet potato, green bean/red peppers, applesauce & multigrain bread Calories: 649; Sodium: 457 Café: Awesome Glazed Baked Ham w/baked beans, & honey mustard dill glazed carrots</p>	<p>8) Meatloaf w/gravy, whipped potatoes, parsley garnish, hearty vegetable soup, crackers, coconut cake & dinner roll Calories: 839; Sodium: 1075</p>	<p>9) Broccoli & Cheese Egg Bake w/red bliss potatoes, maple glazed carrots, jello & oatmeal bread Calories: 754; Sodium: 845 Café: Ratatouille w/freshly grated parmesan cheese, warm roll & butter</p>
<p>12) Stuffed Pepper w/rustic tomato sauce, au gratin potatoes, crackers, barley & vegetable soup, chilled fruit & snack & loaf Calories: 1116; Sodium: 815</p>	<p>13) BBQ Chicken w/green beans, baked potato, sour cream, mandarin oranges & corn bread Calories: 656; Sodium: 838</p>	<p>14) Salisbury Steak w/gravy, sweet potatoes, broccoli cheddar soup, crackers, jello & whole wheat bread Calories: 601; Sodium: 969 Café: Chicken, Broccoli & Ziti Alfredo, winter fruit salad w/ poppy seed dressing</p>	<p>15) St. Patrick's Day Special Corned Beef au jus, cabbage wedge, carrot & turnip blend, potatoes w/fresh parsley, crème de menthe bar/db brownie & marble rye Calories: 970; Sodium: 1129</p>	<p>16) Catch of the day fish w/lemon wedge, rice pilaf, PEI mixed vegetables, pineapple & multigrain bread Calories: 650; Sodium: 616 Café: Stuffed Shells w/marinara sauce, garden salad & garlic bread</p>
<p>19) Lasagna w/marinara sauce, peas, caesar salad w/dressing, cantaloupe & whole wheat roll Calories: 558; Sodium: 1089</p>	<p>20) Cranberry Orange Glazed Chicken w/rice pilaf, brussel sprouts, raisins & oatmeal bread Calories: 769; Sodium: 556</p>	<p>21) Hot Dog w/mustard, relish, carrots, baked beans, mandarin oranges & hot dog roll Calories: 738; Sodium: 1253 Café: Tri-Colored Cheese Tortellini w/sundried tomato & basil pesto & chicken</p>	<p>22) Pot Roast w/gravy, mashed potatoes, mixed vegetables, chocolate pudding & diner roll Calories: 636; Sodium: 767</p>	<p>23) Breaded Fish w/tartar sauce, sweet potato wedges, corn chowder, crackers, lemon cookie & rye bread Calories: 1022; Sodium: 1252 Café: Tuna Sub w/lettuce, tomato, pickles & onion, & homemade pasta salad</p>
<p>26) Chicken Caccitore w/peppers & onions, pasta, mixed green salad w/ house vinaigrette, orange & Vienna bread Calories: 794; Sodium: 477</p>	<p>27) Roast Beef w/onion gravy, beets, cheddar whipped potatoes, applesauce & whole wheat dinner roll Calories: 719; Sodium: 621</p>	<p>28) Rib Q w/BBQ sauce, split pea soup, crackers, sweet potato wedges, pineapple & oatmeal bread Calories: 1011; Sodium: 1425 Café: Spaghetti w/bolognese sauce, fresh mozzarella tomato basil salad w/balsamic glaze & Italian bread</p>	<p>29) Roasted Turkey w/gravy, peas, whipped potatoes, peach cobbler & whole wheat bread Calories: 655; Sodium: 937</p>	<p>30) Spinach & Cheese Egg Bake w/stewed tomatoes, red bliss potatoes, yogurt & juice & raisin bread Calories: 762; Sodium: 790 Café: Pier 17 Fish w/roasted potatoes</p>