

March 2019 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
				1) Stuffed Shells w/marinara sauce, broccoli, minestrone soup, crackers, mixed fruit & Italian bread Cal: 630; Sod: 1183 Café: Grilled Chicken Panini w/ fries
4) Meatloaf w/gravy, whipped sweet potatoes, lentil soup, crackers, chilled fruit & corn bread Cal: 941; Sod:1020	5) Chicken Pot Pie w/peas & carrots, steamed red bliss potatoes, strawberry cup & wheat bread Cal: 613; Sod 868	6) Pollock Loin w/lemon wedge, mac & cheese, mixed veggies, honey dew & oatmeal bread Cal: 613; Sod: 681 Café: Fresh Vegetable Ratatouille w/ fresh Italian bread	7) Roasted Turkey w/gravy, butternut squash soup, whipped potatoes, cranberry sauce, marble cake & wheat bread Cal: 866; Sod: 1112	8) Broccoli & Cheese Egg Bake w/ home fries, maple glazed carrots, yogurt & juice & raisin bread Cal: 811; Sod: 938 Café: Cheese Tortellini in a spinach & Tomato cream sauce w/garlic bread
11) American Chop Suey w/ marinara sauce, garlic spinach, chilled pineapple & parker house roll Cal: 805; Sod: 754	12) Meatball Stroganoff w/peas, buttered noodles, applesauce & wheat dinner roll Cal: 772; Sod: 635	13) Cranberry Orange Glazed Chicken w/mixed veggies, cauliflower cheddar soup, crackers, raisins & snack & loaf Café: Chicken Piccata w/pasta & crusty roll	14) St. Patrick's Day Special Corned Beef Au Jus, potatoes w/ fresh parsley, cabbage wedge, carrot & turnip blend, crème de menthe bar & marble rye bread Cal: 970; Sod: 1129	15) Grilled Salmon w/creamy dill sauce, mashed potatoes, veggie blend, Jello & oatmeal bread Cal: 507; Sod: 580 Café: Tomato Soup w/a grilled cheese sandwich
18) Apricot Chicken w/ whipped sweet potato, brussels sprouts, coconut cake & multigrain bread Cal: 737; Sod: 983	19) Pot Roast w/gravy, mashed potatoes, barley veggie soup, crackers, mixed fruit & oatmeal bread Cal: 668; Sod: 604	20) Spring Fling Sliced ham served with pineapple raisin sauce, delmonico potatoes, glazed baby carrots, fresh roll and carrot cake	21) Meatball Sub w/marinara sauce, sweet potato wedges, kale & white bean soup, crackers, applesauce & sub roll Cal: 723; Sod: 920	22) Omelet w/ketchup, roasted potatoes, baked apples w/cinnamon & raisins, yogurt & juice & snack & loaf Cal: 915; Sod: 973 Café: Eggplant Rollatini w/a Caesar salad & a roll
25) Lasagna w/marinara sauce, broccoli, raisins & wheat bread Cal: 532; Sod: 911	26) Travel Chef French Crepes, Turkey, spinach & swiss crepe, creamy mushroom sauce, wild rice pilaf, mixed green salad w/ribbon summer squash, mint shallot, Dijon vinaigrette, parker house roll & Boston crème cake	27) Chicken Mirabella w/roasted cauliflower, rice pilaf, applesauce & multi-grain bread Cal: 778; Sod: 720 Café: BLT sandwich w/chips & a pickle	28) Hot Dog w/mustard, relish, coleslaw, baked beans, mandarin oranges & hot dog roll Cal: 802; Sod: 1358	29) Mac & Cheese w/veggie blend, hearty veggie soup, crackers, chocolate pudding & oatmeal bread Cal: 792; Sod: 1103 Café: Margherita Flatbread pizza w/balsamic glaze & a side salad