

March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Rigatoni with meat sauce, spinach, Italian bread, juice, dessert or Ham & Cheese on wheat	2 Breaded Chicken Cutlet, mashed potatoes, mixed vegetables, rolls, dessert or Turkey on wheat	3 Chicken Pot Pie w/ vegetables, field green salad with tomato, juice, breadstick, dessert or Roast Beef on wheat	4 Stuffed Peppers, Caesar salad, juice, bread, dessert or Seafood Salad on wheat	5 Seafood Lasagne w/ white wine cream sauce, Italian antipasto salad, juice, Italian bread, dessert or Turkey on wheat
8 Southern Baked Chicken, mashed potatoes, corn bread, mixed vegetables, dessert or Egg Salad on wheat	9 Chinese Roast Pork, fried rice, vegetable egg roll, coconut buns, juice, dessert or Roast Beef on wheat	10 Beef Stroganoff with noodles, broccoli, juice, biscuit, dessert or Ham & Cheese on wheat	11 Roast Turkey with gravy & cranberry sauce, string beans almondine, sweet potato, rolls, dessert	12 Broccoli & Cheese Quiche, beef barley soup, tomato salad, bread sticks, dessert or Chicken Salad on wheat
15 Baked Ziti with meat sauce, Caesar salad, juice, rolls, dessert or Turkey on wheat	16 Salisbury Steak with gravy, baked cauliflower, mashed sweet potato, biscuits, dessert or Seafood Salad on wheat	17 St. Pat's Celebration Corned Beef, cabbage, potatoes, rye bread, soda bread, dessert	18 Personal Pizza, minestrone soup, tossed salad with chick peas, crackers, dessert or Roast Beef on wheat	19 Breaded Fillet, oven fries, broccoli, whole wheat bread, dessert or Ham & Cheese on wheat
22 Spaghetti with Meatballs, tossed salad with chick peas, juice, garlic bread, dessert or Tuna on wheat	23 Pulled Pork, cole slaw, baked beans, rolls, juice, dessert or Turkey on wheat	24 Grainy Mustard Apricot Chicken, wild rice, broccoli, bread, juice, dessert or Ham & Cheese on wheat	25 Passover Celebration Brisket with gravy, carrot Tzimmes, red roasted potatoes, Matzoh, dessert	26 Herb Roasted Tilapia, onion mashed potatoes, carrots, rolls, dessert or Turkey on wheat
29 Stuffed Shells w/ tomato basil sauce, tossed salad with chick peas, rolls, juice, dessert or Turkey on wheat	30 Salisbury Steak with homemade gravy, mashed potatoes, carrots, biscuits, dessert or Tuna on wheat	31 Salmon cakes with dill sauce, herb roasted potatoes, mixed vegetables, bread, dessert or Ham & Cheese on wheat	The suggested lunch donation is \$3	Please make your reservations for lunch by 10 am the day before

*Menu Subject to Change Without Notice *Cottage Cheese or Eggs & Diabetic Dessert Available Upon Request

****RESERVATIONS REQUESTED****

YOUR MEAL DONATION IS GREATLY APPRECIATED AND MUCH NEEDED — THANK YOU!

Funded by: NC Dept. Sr. Cit. Aff, NYS Office for the Aging, Admin on Aging,
TOBAY, Christ Church, UW of L I, Oyster Bay Community Foundation

Services: Bus Transportation to & from Center & Social Services - Daily; Food Shopping Assistance, Food Pantry & Clothing Shop,
Nurse Available—Tues./Fri.; Medical Transportation/Home Care Referral, call 922-6422 for appt. & info.