

SENIORCARE CONGREGATE MEALS - MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Beef Shephard's Pie w/ Mashed Potato Corn, Peas Rst. Butternut Squash Cake / DB Angel Food Cake Whole Wheat Bread	27 Chicken Marsala w/ Fresh Mushrooms Roasted Carrots Rice Mandarin Oranges	28 American Chop Suey Marinara Sauce Kale Caesar Salad w/ Dressing Chilled Fruit Snack & Loaf	1 Chicken Pot Pie w/ Peas & Carrots Steamed red bliss Potatoes Yogurt & Juice (NO MILK) Dinner Roll	2 Potato Crusted Fish or Garlic Chicken Mac & Cheese Tomato Soup w/ Crackers Lemon Wedge Cantaloupe Whole Wheat Bread
5 Curry Chicken Cauliflower & Carrots White Rice w/Cilantro Jello Wheat Bread	6 Spaghetti & Meat balls Marinara Sauce Spinach Orange Scali Bread	7 Honey Rosemary Pork Rst. Sweet Potato Green Beans /Red Peppers Apple Sauce Multigrain Bread	8 Meatloaf w/ Gravy Whipped Potatoes Parsley Garnish Vegetable Soup Coconut Cake DB Angel Food Cake WW Dinner Roll	9 Broccoli & Cheese Egg Bake Red Bliss Potatoes Maple Glazed Carrots Jello
12 Stuffed Pepper Rustic Tomato Sauce Au Gratin Potatoes Barley & Vegetable Soup Chilled Fruit Whole Wheat Bread	13 BBQ Chicken Green Beans Baked Potato Sour Cream Mandarin Oranges Corn Bread	14 Salisbury Steak w/Gravy Sweet Potatoes Broccoli Cheddar Soup Jello	15 St. Patricks Day Special Corned Beef Au jus Cabbage Wedge Carrot & Turnip Blend Potatoes w/ Fresh Parsley Crème De Menthe Bar DB Brownie Marble Rye	16 Baked Haddock or Balsamic Chicken Rice Pilaf PEI Blend Pineapple Multigrain Bread
19 Lasagna Marinara Sauce Peas Caesar Salad w/ Dressing Cantaloupe Whole Wheat Roll	20 Cranberry Orange Glazed Chicken Rice Pilaf Brussel Sprout Raisins	21 Hot Dog Mustard/ Relish Baked Beans Carrots Mandarin Oranges Hot Dog Roll	22 Pot Roast Gravy Mashed Potatoes Green Beans Pudding Dinner Roll	23 Breaded Fish or Pulled Pork Sweet Potato Wedges Corn Chowder w/ Crackers Lemon Cookie DB Choco Chip Rye Bread
26 Chicken Cacciatore w/ Peppers & Onions Pasta Mixed Green Salad w/ House Vin Apple Sauce Whole Wheat Roll	27 Roast Beef w/ Onion Gravy Beets Cheddar Whipped Potatoes Chilled Mandarins Parker House	28 Rib-Q w/ BBQ Sauce Split Pea Soup w/ Crackers Sweet Potato Wedges Orange Oatmeal Bread	29 Roasted Turkey W/Gravy Peas Whipped Potatoes Fruit Crisp / DB Baked	30 Spinach & Cheese Egg Bake Stewed Tomatoes Red Bliss Potatoes Yogurt & Juice

Menu Subject to Change Without Notice

Requested Voluntary Confidential Donation: \$2.00 per meal. All donations go to providing meals.

Any Questions call 978-281-1750. If you have any dietary questions, please feel free to call us at above number.