

# MARCH 2024: MENU

\*\* UNLESS OTHERWISE NOTED, 2% MILK WILL BE OFFERED DAILY \*\*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	3oz breaded fish, tartar sauce  Macaroni & cheese, stewed tomatoes & zucchini  Wheat bread, vanilla pudding
4	Cream of Spinach Soup & Crackers 3 oz. Roast Beef & gravy ½ c. Mashed Potatoes ½ c. Peas and Carrots 1 slice Whole Wheat Bread ½ c. Vanilla Ice Cream	5	3 oz. Chicken Parmesan 8 oz. Rigatoni/2 oz. Tomato Sauce ½ c Broccoli; Green Salad w/ Tomato & Italian dressing 1 slice Wheat Bread Parmesan Cheese ½ c Fruit Cocktail	6	3oz. BBQ Pork Riblet w/Sautéed Onions ½ c Baked Beans ½ c Green Beans 1.4 oz. Hamburger Roll ½ c Applesauce	7	8 oz Tomato Soup/Crackers 3 oz. Turkey 2 oz. Gravy ½ c. Sweet Potato ½ c. Harvard Beets 1 oz. Dinner Roll Banana or Fresh Fruit in Season	8	3 oz Tuna Salad on Lettuce Leaf ½ c. Macaroni Salad ½ c 3 Bean Salad 1 slice Wheat Bread Mayonnaise ½ c. Chocolate Pudding
11	8 oz. Chicken Orzo Soup/Crackers 3 oz Chicken Caesar Salad (3 oz. chicken, 1 c. romaine lettuce, dressing) ½ c Potato Salad 1 Slice Wheat Bread ½ c. Pineapple Chunks	12	3 oz. Philly Beef Steak Sandwich w/1/2 oz. cheese on 2oz Roll 1 oz Fried Onions ½ c. Oven Roast Potatoes ½ c Buttered Peas ½ c. Tapioca Pudding	13	Happy St Patrick's Celebration Potato Leek Soup/Crackers Corned Beef Special (3 oz. Corned Beef on Wheat) ½ c. Cole Slaw, 1/2c 3-bean salad 1 packet Thousand Island Dressing ½ c. Lime Fruited Jello	14	3 oz Chicken Cacciatore 2 oz. Tomato Sauce ½ c Penne Pasta ½ c Vegetable Medley 1.1 oz White Dinner Roll 4 oz Orange Sherbet	15	3 oz Baked Fish ½ c Sliced Paprika Potatoes ½ c Broccoli 1 Slice Wheat Bread 1 Fresh Apple
18	3 oz. BBQ Chicken (3 oz. EP drumstick) ½ c. Scalloped Potatoes ½ c Cali Mix (broccoli, cauli., carrots) 1.1 oz Roll ½ c. Mandarin Oranges	19	8 oz. Pea Soup/Crackers 3 oz. Crab Cake w/ Tartar Sauce ½ c. Macaroni and Cheese ½ c. Stewed Tomato 1 slice Wheat Bread 1 packet Ketchup/Tartar Sauce 1 Banana	20	8 oz Spaghetti 3 oz Beef Meatballs/2 oz Tom. Sauce ½ c. Italian Green Beans 1 c Tossed Green Salad/Tomato 2 T Italian Dressing 1.1 oz White Dinner Roll Birthday Cake	21	8 oz. Chicken Noodle Soup/Crackers ½ c. Seafood Salad on Lettuce Leaf with Tomato ½ c. Macaroni Salad ½ c. 3 Bean Salad 1.1 oz. Dinner Roll ½ c Butterscotch Pudding	22	½ c. Oatmeal/Raisins 3 oz Cheese Omelet ½ c Roasted Potatoes, Onion, Peppers 1 Slice Wheat Bread Ketchup ½ c. Pears
25	3 oz Swedish Meatballs 2 oz Gravy ½ c Buttered Noodles ½ c Sliced Carrots 1 Slice Wheat Bread ½ c. Lemon or Orange Sherbert	26	8 oz. Minestrone Soup/Crackers 1 cup Baked Ziti/2 oz. Tomato Sauce  3 oz. Italian Pork Sausage ½ c. Green Beans, 1.3 oz Italian Roll ½ c Peach Halves	27	Spring Celebration 3 oz. Ham w/ Pineapple Sauce ½ c. Sweet Potatoes ½ c. Squash 1.1 oz. Dinner Roll 4 oz. Cake	28	8 oz. Vegetable Soup 3 oz Fillet of Fish 1 Hamburger Roll ½ c Buttered Corn ½ c Broccoli 1 Tartar Sauce ½ c. Chocolate or Rice Pudding	29	Sites CLOSED

# MARCH 2024: SOCIAL SCHEDULE (all schedules subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Lidl/Big Lots 11:45am Nimit Kaur: Focus Group 12:00pm Lunch 12:30pm BingoCIZE/Falls Prevention, #3a
4 ShopRite 11:45 Exercise with Lewan 12:00pm Lunch 12:30pm Dollar Tree	5 Shoprite 12:00pm Lunch 12:30pm BingoCIZE/Falls Prevention, #4b	6 Ocean State Job Lots 12:00pm Lunch 12:30pm Duffield's	7 Amish Market 12:00pm Lunch 12:30pm BingoCIZE/Falls Prevention, #5	8 Amish Market 11:45am Exercise with Lewan 12:00pm Lunch 12:30pm BingoCIZE: Falls Prevention, #3b
11 Aldi 12:00pm Lunch 12:30pm Pokeno with LuLu & Mike R	12 Lidl, Big Lots 12:00pm Lunch 12:30pm BingoCIZE/Falls Prevention, #6	13 Target 12:00pm Lunch 12:30pm Dollar Store, USPS	14 Ocean State Job Lots 12:00pm Lunch Virginia is 100!	15 Walmart 11:45am Exercise with Lewan 12:00pm Lunch 12:30pm St Patty's Day Games
18 GoodWill, DelBuono's 11:45am Exercise with Lewan 12:00pm Lunch	19 Verchio's Market, USPS 11:45am Exercise with Lewan 12:00pm Lunch 12:30pm BingoCIZE; Falls Prevention #7	20 Produce Junction, Dollar Store 11:45am Exercise with Lewan 12:00pm Lunch 12:30pm Games with LuLu & Mike	21 Walmart 12:00pm Lunch 12:30pm BingoCIZE: Falls Prevention, #8	22 Home Goods 12:00pm Lunch 12:30pm BingoCIZE:Falls Prevention, #5
25 Kohl's, Dollar Tree 11:45am Exercise with Lewan 12:00pm Lunch 12:30pm Pokeno with LuLu & Mike R	26 Ross 11:45am Exercise with Lewan 12:00 Lunch	27 Aldi 11:45am Exercise with Lewan 12:00pm Lunch 12;30pm Aversa's/ Dollar Store	28 Ocean State Job Lots 12:00pm Lunch 12:30pm Aversa's/ Dollar Store	29 SITE CLOSED