

Elder Services Nutrition Program March 2020 Congregate Meals Menu

To cancel a meal please call your local Council on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Apple Glazed Pork Loin (259) Brussel Sprouts (17) Lentil Soup (358) Crackers (56)	3 Chicken Pot Pie (570)* Mashed Potatoes (109)	4 American Chop Suey (316) Garlic Spinach (47)	5 Turkey w/ Gravy (440) Cranberry Sauce (8) Green Beans (2) Butternut Squash Soup (38) Crackers (56)	6 Broccoli & Cheese Eggs Bake (436) Red Bliss Potatoes (5) Maple Glazed Carrots (124)
Applesauce (14) Corn Bread (236) Calories: 853 Sodium: 889 mg	Chilled Fruit (10) Wheat Bread (138) Calories: 678 Sodium: 982 mg	Honeydew Melon (15) Whole Grain Bread (138) Calories: 692 Sodium: 736 mg	Coconut Cake (277) Oatmeal Bread (142) Calories: 804 Sodium: 1165 mg	Yogurt (75) & Juice (15) Raisin Bread (98) Calories: 789 Sodium: 783 mg
9 Meatloaf/w Gravy (370) Mashed Potatoes (109) Peas & Pearl Onions (58)	10 Meatball Sub (Chix) (210) Marinara Sauce (194) Broccoli (32) Cauliflower Soup (103) Crackers (56)	Rice (4)	12 St Patrick's Day Celebration Corned Beef Au Jus (480)* Cabbage Wedge (6) Carrots & Turnips (65) Potatoes (5) Crème de Menth Bar (160) Irish Soda Bread (140) Calories: 751 Sodium: 1315 mg	13 Egg Salad Plate (295) Greek Chickpea Salad (160) Tomato & Basil Salad (19)
Pears (5) Multigrain Bread (138) Calories: 691 Sodium: 835 mg	Applesauce (14) Wheat Sub Roll (254) Calories: 672 Sodium: 1019 mg	Yogurt (75) & Juice (15) Snack n Loaf (160) Calories: 896 Sodium: 607 mg		Jell-O (64) WW Pita Bread (340) Calories: 923 Sodium: 1033 mg
16 Honey Rosemary Pork (295) Rst Sweet Potatoes (187) Brussel Sprouts (12)	17 Cranberry Orange Glaze Chicken (220) Cheddar Whipped Potato (136) Mixed Vegetables (24)	18 Stuffed Pepper (175) Rustic Tomato Sauce (183) Au Gratin Potato (142)	19 Hot Dog (Beef) (540)* Mustard/Relish (55/81) Baked Beans (206) Coleslaw (167)	20 Mac & Cheese (285) Stewed Tomatoes (32) Vegetable Soup (129) Crackers (56)
Applesauce (14) Multigrain Bread (138) Calories: 698 Sodium: 701 mg	Vanilla Pudding (170) Oatmeal Bread (142) Calories: 691 Sodium: 848mg	Marble Cake (159) WW Dinner Roll (127) Calories: 884 Sodium: 941 mg	Mandarin Oranges (8) Hot Dog Roll (270) Calories: 800 Sodium: 1385 mg**	Peaches (10) Snack & Loaf (160) Calories: 770 Sodium: 827 mg

PLEASE TURN MENU OVER →

March 2020 Congregate Meals Menu Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Chicken Cacciatore (515)*	24 Beef Burgundy (361)	25 Rib-Q (410)	26 Balsamic Glazed Chicken (320)	27 Frittata (Tomato, Onion & Cheddar) (436)
Pasta (20)	Mashed Potatoes (109)	w/BBQ Sauce (169)	Rst. Butternut Squash (20)	Ketchup (82)
Spinach & Egg Drop Soup (91)	Green Beans (5)	Roasted Cauliflower (32)	Mushroom Soup (215)	Roasted Potatoes (121)
Crackers (56)		Sweet Potato Wedges (187)	Crackers (56)	Baked Apples (9)
Chilled Pears (5)	Brownie (175)	Peaches (10)	Chocolate Pudding (190)	Honeydew Melon (15)
Scali Bread (97)	Whole Wheat Roll (127)	Multigrain Bread (138)	Oatmeal Bread (142)	Raisin Bread (110)
Calories: 737	Calories: 749	Calories: 601	Calories: 703	Calories: 838
Sodium: 938 mg	Sodium: 932 mg	Sodium: 1071 mg	Sodium: 1123 mg	Sodium: 928 mg
30 Hoisin Chicken Stir Fry (609)*	31 Lasagna (290)			
Fried Rice (116)	w/ Meat Sauce (93)			
Asian Vegetable Blend (15)	Broccoli (32)			
	Kale & White Bean Soup (14)			
	Crackers (56)			
Pineapple (1)	Chilled Pears (5)			
Wheat Dinner Roll (127)	Vienna Bread (96)			
Calories: 645	Calories: 623			
Sodium: 1023 mg	Sodium: 743 mg			

All meals include 8 oz low-fat milk (107 mg). **Denotes a high sodium meal SF = sugar free

*Indicates higher sodium entrees >500 mg

Sodium (Na) values listed in parentheses.

Suggested voluntary donation \$2.25.

Your confidential donation helps us to continue to provide meals to people just like you in your community.

"Before placing your order, please inform your server if a person in your party has a food allergy"

Menu subject to change without notice.