



March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch reservations are necessary to insure our kitchen staff prepares enough lunches for our members	Make your reservations before 2pm the day before otherwise you will be put on the waiting list for lunch and have to wait until all others have been served	Please read the menu carefully before selecting either a Hot or Cold entrée when making your reservations	We are asking all of our members to come in and enjoy the delicious lunches prepared daily by our chef & kitchen staff	1 Salmon Cake with dill sauce, vegetable cous cous, carrots, juice, wheat bread and dessert or Egg Salad on wheat
4 Manicotti with Pomodoro sauce, spinach, juice, garlic bread and dessert or Tuna salad on wheat	5 <u>Mardi Gras Celebration</u> Louisiana Style Ribs, hush puppies, Red chard w/caramelized onions, corn bread and King's cake for dessert <u>No cold lunch today</u>	6 Cheeseburger on bun with lettuce & tomato, coleslaw, baked beans and dessert or Egg salad on wheat	7 Chicken & Broccoli with fried rice, Stir fry vegetables, egg roll and dessert or Tuna salad on wheat	8 Crab Cake with dill sauce, herb roasted potatoes, peas & onions, wheat bread and dessert or Chicken salad on wheat
11 Baked Ziti with marinara sauce, Beef Barley soup, broccoli, garlic bread and dessert or Tuna salad on wheat	12 BBQ Boneless Chicken Thigh, sweet potato fries, mixed vegetables, biscuit and dessert or Tuna Salad on wheat	13 <u>Brunch Day</u> Breakfast Burrito rolled in flour tortilla with salsa, roasted potato, orange juice and fresh fruit <u>No lunch today</u> <u>Brunch served at 11am</u>	14 <u>St. Patrick's Party</u> Corned Beef & Cabbage with potatoes, carrots, Irish soda bread roll and bread pudding for dessert <u>No cold lunch today</u>	15 Herb Roasted Tilapia, baked potato, peas & carrots, wheat bread and dessert or Turkey on wheat
18 Lasagna Roll Up with marinara sauce, tossed salad, juice, Italian bread and dessert or Tuna salad on wheat	19 Breaded Chicken Cutlet with fruit chutney, vegetables cous cous, Asian style slaw, biscuit and dessert or Turkey on wheat	20 Grilled Chicken over Caesar salad with croutons, Broccoli soup, juice and dessert or Egg salad on wheat	21 Turkey Chili with beans over brown rice, tossed salad, juice, crackers and dessert or Chicken salad on wheat	22 <u>Birthday Day</u> Shrimp Scampi over Linguini, broccoli, juice, Italian bread and birthday cake for dessert <u>No cold lunch today</u>
25 Spaghetti & Meatballs with marinara sauce, Italian blend veggies, juice, garlic bread and dessert or Tuna salad on wheat	26 Chicken Fajitas on flour tortilla with peppers & onions, rice & beans, spinach and dessert or Egg Salad on wheat	27 <u>Virtual Trip to Maine</u> Beer Battered Cod Fish with tartar sauce, Corn Chowder, Poutine, biscuit and dessert <u>No cold lunch today</u>	28 Chicken Pot Pie with vegetables and puff pastry crust, tossed salad, juice and dessert or Turkey on wheat	29 Personal Pizza, Minestrone soup, juice, crackers and dessert or Tuna salad on wheat

PLEASE NOTE: Menu is subject to change without notice and cannot be customized to order.
RESERVATIONS REQUESTED — YOUR MEAL DONATION IS GREATLY APPRECIATED — THANK YOU!
No person will be denied a service because of inability to contribute.



St. Patrick's Day Celebration



on Thursday 3-14-19
starting at 11:30am



with Corned Beef & Cabbage Lunch at 12 noon
Followed by Entertainment by Tony Grant

*Please make your reservations
in the Program Office*

Brain Games Questions:

- Q.1 - Where was the 1962 World's Fair?
- Q.2 - What dog is named for a Mexican state?
- Q.3 - Whose 44-ounce baseball bat was called *Black Betsy*?
- Q.4 - What European country numbers 26 cantons?
- Q.5 - What part of the body goes to sleep when you experience taresthesia?
- Q.6 - Who made George Washington's false teeth?
- Q.7 - Who narrated *The Untouchables* for \$25,000 an episode?
- Q.8 - How many sides does a snowflake have?

(Answers on newsletter center page)