

March 2023

Choice: **Baked Potato**

Meal delivery
cancellations due
by: **9:00 a.m.**

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Modified Diet Choices Cardiac Diabetic Diverticulitis Vegetarian Texture Choices Regular Chopped Pureed Milk Choices Skim 2% Chocolate</p>	<p>Choice of Entrée - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>	<p>Mar 1 CHOICE Chicken & Noodle over Mashed Potatoes Stewed Tomatoes Grape Juice Wheat Bread with Margarine Chocolate Cake with White Icing</p>	<p>Mar 2 Chef Salad: Chicken, Ham, Cheese, Green Peppers, Tomatoes, Carrots, Mushrooms, & Peas French Dressing Packet Fresh Apple Crackers Orange Cranberry Bread</p>	<p>Mar 3 CHOICE Breaded Fish Honey Roasted Red Skin Potatoes Zucchini Fruit Cocktail Hamburger Bun Tartar Sauce Pkt. Peach Crisp</p>
<p>Mar 6 Pizza Burger w/Sauce & Provolone Ranch Seasoned Potato Wedges Vinegar Seasoned Spinach Grape Juice Hamburger Bun Vanilla Pudding</p>	<p>Mar 7 Country Fried Steak with Gravy Mashed Potatoes with Gravy Orange Glazed Sliced Beets Mixed Berries over Angel Food Cake Wheat Bread with Margarine</p>	<p>Mar 8 CHOICE Chef Salad: Chicken, Ham, Cheese, Green Peppers, Tomatoes, Carrots, Mushrooms, & Peas Italian Dressing Packet Dinner Roll with Margarine Blueberry Bread Fresh Banana</p>	<p>Mar 9 Shredded Chicken Parsley Potatoes Italian Cut Green Beans Fresh Orange Hamburger Bun Cookies & Cream Pie</p>	<p>Mar 10 CHOICE Vegetable Lasagna Buttered Corn Warm Garlic Biscuit with Margarine Apple Juice Tossed Salad with Ranch Dressing Apple Crisp</p>
<p>Mar 13 Breaded Pork Loin with Gravy Buttered Succotash Steakhouse Green Beans Apricots Wheat Bread with Margarine Vanilla Wafers</p>	<p>Mar 14 Chicken Bacon Ranch Pasta Maple Dill Carrots Buttered Lima Beans Grape Juice Wheat Bread with Margarine Chocolate Pudding</p>	<p>Mar 15 CHOICE Meatloaf with Gravy Mashed Potatoes & Gravy Caribbean Blend Vegetables Peaches in Orange Jell-O Biscuit with Margarine</p>	<p>Mar 16 St. Patty's Day Corned Beef & Cabbage with Potatoes & Carrots Green Beans Warm Clover Leaf Roll w/ Marg. Shamrock Pears Crackers Chocolate Mint Cream Pie</p>	<p>Mar 17 CHOICE Cheese Omelet Home Fry Seasoned Diced Potatoes Capri Blend Vegetables Orange-Pineapple Juice Biscuit with Margarine & Jelly Apple Pie</p>
<p>Mar 20 Oven Baked Chicken over Wild Rice Steamed Cabbage Succotash Blueberries over Pound Cake</p>	<p>Mar 21 Roast Turkey over Stuffing Mashed Potatoes with Gravy Buttered Brussels Sprouts Mixed Fruit Wheat Bread with Margarine Peanut Butter Cookie</p>	<p>Mar 22 CHOICE Chicken Salad over Shredded Lettuce Mustard Potato Salad Fresh Diced Fruit Hamburger Bun Brownie</p>	<p>Mar 23 BBQ Beef Scalloped Potatoes Citrus Asparagus Grape Juice Dinner Roll with Margarine Chocolate Chip Muffin</p>	<p>Mar 24 CHOICE Macaroni & Cheese Stewed Tomatoes Buttered Green Peas Strawberry Applesauce Blueberry Bread</p>
<p>Mar 27 Cheeseburger w/Pickle & Onions Crispy Seasoned French Fries California Blend Vegetables Cinnamon Pears Hamburger Bun Vanilla Pudding</p>	<p>Mar 28 Sweet & Sour Pork over Brown Rice Oriental Blend Vegetables Ginger Carrots Mandarin Oranges Wheat Bread with Margarine Chocolate Chip Cookie</p>	<p>Mar 29 Homemade Beef Stew Onion Seasoned Green Beans Spinach Tropical Fruit Dinner Roll with Margarine Vanilla Wafers</p>	<p>Mar 30 Meatballs over Spaghetti with Sauce Peas Warm Garlic Bread with Margarine Tossed Salad with Ranch Dressing Cherry Crisp Banana</p>	<p>Mar 31 Broccoli Cheddar Soup Mixed Vegetables Warm Dinner Roll with Margarine Pears over Cottage Cheese Crackers</p>

Did you know: Figs aren't fruits. They are flowers.

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one week in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2020 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.

Lucy's Café Dining Hours
 10:00 am—1:00 pm