

NAME _____

March

Meal reservations must be made before noon the business day you want the meal by calling (717)776-4478 or circle the day's meal you want and return this form to the Senior Center. Indcate Grab-and-Go or Sit-Down.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Wheat Bread 1/2c Cottage Cheese & Peaches
4 Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits 	5 Cheese Omelet w/ Ham, Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	6 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	7 Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	8 Creamy Egg Salad Sandwich Lettuce & Tomato 1c Tomato Soup w/ Crackers 2 Whole Wheat Bread 1/2c Cinnamon Applesauce
11 Cheeseburger Stroganoff 1/2c Green Beans 1 Breadstick Fresh Fruit 	12 BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit 	13 Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens) 1/2c Pickled Diced Beets 1 Dinner Roll 1 Piece Cake	14 Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Apple Crisp	15 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick Cherry Chip Cake w/ Topping 1/2c Fruit Cocktail
18 St. Patrick's Day Soup Cook Off 	19 Honey Rosemary Chicken 1/2c Buttered Noodles 1/2c Brussel Sprouts 1 White Bread 1/2c Peaches 	20 Ballpark Franks 1/2c Baked Beans 1/2c Potato Salad Hotdog Bun Seasonal Fruit	21 Roast Beef w/ Gravy 1/2c Whipped Potatos/Chives 1/2c Corn Dinner Roll Cake	22 Tuna Salad Sandwich w/lettuce & tomato 1c Cream of Potato Soup 2 White Bread Fresh Orange
25 Glazed Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll Seasonal Fresh Fruit	26 Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Bean Soup 1 Dinner Roll 1/2c Gelatin	27 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Pears *menu subject to change	28 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit	Good Friday! 29 CLOSED 