


March 2018 - Meals

Please call 24 hours in advance to reserve or cancel lunch- suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked stuffed peppers with beef and rice, garden vegetable medley, whole wheat roll, fruit filled cookie	2
5 Monday Morning Coffee Hour TED Talk: Biomimicry	6 Birthday Lunch Domino's Pizza (pepperoni, cheese or veggie), side salad and birthday cake	7 Herb baked chicken breast, orzo vegetable salad, Harvard beets, wheat bread, fresh fruit	8 Hot sliced ham, potatoes au gratin, green & yellow beans, wheat roll, pineapple	9
12 Monday Morning Coffee Hour Special Chat with Beth Including 2018 Survey distribution	13 Broccoli cheddar soup, Caesar salad with chicken & croutons, oatmeal raisin cookie	14 St. Patrick's Day Lunch Irish beef and vegetable stew, corn bread, lime jello with fruit & topping, and a cookie. Vegetarian option: potato soup with bread and a cookie 	15 Chicken & Biscuits with peas, zucchini and yellow squash, berry crisp	16
19 Monday Morning Coffee Hour Topic: Wellness Series - Bones	20 Chicken breast, bread stuffing, spinach, baked potato, sour cream, pears with cinnamon	21 Roast pork & gravy, sour cream and chive mashed potatoes, julienne carrots, dinner roll, applesauce	22 BBQ pork riblets, whipped sweet potatoes, broccoli & cauliflower, wheat bread, tropical fruit	23
26 Monday Morning Coffee Hour Topic: Mindfulness Circle with CP Smith 2 nd grade students	27 Tomato topped meatloaf, baked potato with sour cream, garden salad, wheat bread, Boston cream pie	28 Salisbury steak with mushroom gravy, vegetable medley, sour cream chive mashed potato, marble rye bread, raspberry crumble cake	29 Beef stew with vegetables, broccoli & cranberry raisin salad, biscuit, brownie	30