
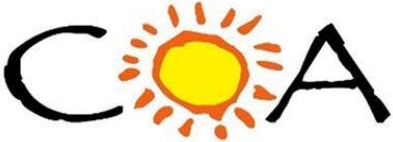



# COUNCIL ON AGING ~ SENIOR NEIGHBORHOOD DINING SITE MENU ~ MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 1	March 2	March 3	March 4	March 5
<b><u>Grilled Chicken w/ Parmesan Sauce</u></b> Brown Rice Flat Beans Whole Grain Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk	<b><u>Sliced Pork w/ Sweet &amp; Sour Sauce</u></b> Carrot Coins Green Peas Whole Wheat Bread w/ Margarine Cup Orange-Pineapple Juice 1% Low Fat Milk	<b><u>Beef Riblet w/ Apple Brown Gravy</u></b> Mixed Vegetables Broccoli Whole Grain Bread w/ Margarine Cup Cinnamon Applesauce 1% Low Fat Milk	<b><u>Chicken Salad</u></b> Pea & Cheese Salad Potato Salad Whole Wheat Roll w/ Margarine Cup Pineapple 1% Low Fat Milk	<b><u>Swedish Meatballs w/ A La King Sauce &amp; Egg Noodles</u></b> Spinach Harvard Beets Whole Grain Bread w/ Margarine Cup Fresh Apple 1% Low Fat Milk
March 8	March 9	March 10	March 11	March 12
<b><u>Baked Chicken Thigh</u></b> Yellow Corn Green Beans Almondine Whole Grain Bread w/ Margarine Cup Orange Juice 1% Low Fat Milk	<b><u>Hamburger</u></b> (Beef Patty, Sliced Cheese, Whole Grain Hamburger Bun) Mushrooms, Peppers, & Onions Potato Wedges Ketchup/Mustard Pineapple 1% Low Fat Milk	<b><u>Diced Chicken w/ Peppers, Onions, &amp; Green Peas</u></b> Yellow Rice Mixed Vegetables Whole Grain Bread w/ Margarine Cups Mandarin Oranges 1% Low Fat Milk <p style="text-align: center; color: purple;">Birthday Celebration</p>	<b><u>Breaded Pollack w/ Tartar Sauce</u></b> Winter Vegetable Medley Diced Butternut Squash Whole Wheat Bread w/ Margarine Cup Peaches 1% Low Fat Milk	<b><u>Chili-Cheese Dog</u></b> Three Bean Chili with Cheese Broccoli Parslied Diced Potatoes Whole Grain Hot Dog Bun Fresh Orange 1% Low Fat Milk
March 15	March 16	March 17	March 18	March 19
<b><u>Meatloaf w/ Apple Brown Gravy</u></b> Neapolitan Spinach Black Eyed Peas Whole Grain Roll w/ Margarine Cup Orange-Pineapple Juice 1% Low Fat Milk	<b><u>Smoked Sausage Meal</u></b> Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mandarin Oranges Mini Moon Pie 1% Low Fat Milk	<b><u>Irish Stew</u></b> Steamed Cabbage Green Peas Rye Bread w/ Margarine Cup Shamrock Cookie 1% Low Fat Milk <p style="text-align: center; color: purple;">St. Patrick's Day Celebration</p> 	<b><u>Pasta Primavera</u></b> Glazed Carrots Broccoli Whole Grain Bread w/ Margarine Cup Blended Juice 1% Low Fat Milk	<b><u>Chicken Caesar Salad w/ Caesar Dressing and Parmesan Cheese</u></b> Beet & Onion Salad Three Bean Salad Whole Grain Roll w/ Margarine Cup Fresh Banana 1% Low Fat Milk
March 22	March 23	March 24	March 25	March 26
<b><u>Sliced Cuban Pork w/ Sofrito</u></b> Black Beans and Yellow Rice Broccoli Margarine Cup Orange-Pineapple Juice 1% Low Fat Milk	<b><u>Chicken Breast w/ Coq au Vin Sauce</u></b> Mashed Potatoes Green Beans Italian Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	<b><u>Cheese Lasagna</u></b> Garlic Spinach Carrot Coins Whole Wheat Dinner Roll w/ Margarine Cup Applesauce 1% Low Fat Milk	<b><u>Mixed Green Salad w/ Ranch Dressing</u></b> Mixed Greens w/ Diced Chicken Shredded Cheese Whole Grain Bread w/ Margarine Cup Raisins Orange Juice 1% Low Fat Milk	<b><u>Beef Stroganoff Casserole</u></b> Rutabaga & Carrot Mix Squash & Pepper Medley Whole Wheat Bread w/ Margarine Cup Fresh Mixed Fruit 1% Low Fat Milk
March 29	March 30	March 31	 A NON-PROFIT SERVING VOLUSIA SENIORS	
<b><u>Grilled Chicken w/ Parmesan Sauce</u></b> Brown Rice Flat Beans Whole Grain Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk	<b><u>Sliced Pork w/ Sweet &amp; Sour Sauce</u></b> Carrot Coins Green Peas Whole Wheat Bread w/ Margarine Cup Orange-Pineapple Juice 1% Low Fat Milk	<b><u>Beef Riblet w/ Apple Brown Gravy</u></b> Mixed Vegetables Broccoli Whole Grain Bread w/ Margarine Cup Cinnamon Applesauce 1% Low Fat Milk		
			 <b>MARCH 2021</b> MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	