

Elder Services of Worcester Area Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lasagna with Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread	4 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	5 Baked Potato w/Cheese and Vegetarian Chili Broccoli Sour Cream Chocolate Mousse Pumpernickel Bread	6 Burgundy Pork Mashed Potatoes Peas & Carrots Apple Crisp Diet=Applesauce Marble Rye Bread	7 Fish w/ Chimichurri Sauce Rice Pilaf Chuckwagon Corn Brownie Diet = Cookie Whole Wheat Bread
10 Buttermilk Chicken Cranberry Stuffing Roasted California Veg Rice Krispy Treat Whole Wheat Bread	11 Beef Stew Rice Corn Niblets Mandarin Oranges Pumpernickel Bread	12 Hot Dog Baked Beans Coleslaw Baked Cinnamon Pears Hot Dog Bun	13 Meatloaf with Gravy Garlic Mashed Potatoes Peas and Onions Fresh Fruit Marble Rye Bread	14 Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread
17 <u>St. Patrick's Day</u> Corned Beef Boiled Potatoes Cabbage & Carrots Pear Crisp Diet = Pears Pumpernickel Bread	18 Roast Turkey w/Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Baked Apples Whole Wheat Bread	19 Shepherd's Pie Carrots Peas Brownie Diet = Cookie Pumpernickel Bread	20 Greek Lemon Chicken Herbed Potatoes Roasted Broccoli Lorna Doone Cookies Italian Bread	21 Vegetarian Chili Steamed Rice Carrots Fresh Fruit Marble Rye Bread
24 Pork Rib-i-que BBQ Sauce Mac N Cheese Mixed Vegetables Fresh Fruit Sandwich Roll	25 Beef w/Peppers & Onions Yukon Gold Potatoes Carrots Vanilla Pudding Diet Vanilla Pudding Sandwich Roll	26 Chicken Vegetable Stir Fry Steamed White Rice Green Beans Fruited Ambrosia Italian Bread	27 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Birthday Cake Diet = Half Piece Marble Rye Bread	28 Fish with Crumb Topping Lemon Seasoned Rice Tuscany Style Vegetables Pineapple Whole Wheat Bread
31 Chicken Cacciatore Gemmeli Pasta Broccoli Peaches Italian Bread	<u>MENU SUBJECT TO CHANGE</u> Your \$3.00 Donation is Appreciated!			