



Cattaraugus County Department of the Aging  
1-800-462-2901

# March 2017

## Senior Wellness and Nutrition Program Menu

HAPPY  
**St. Patrick's**  
DAY!  
3/17/17

**\*Reservations and cancellations must be made 24 hours in advance to the Site Manager\***

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |                                   |   |   |   |  |  |  |
|--|-----------------------------------|---|---|---|--|--|--|
| <p><b>Spring Forward</b><br/>Don't forget to set your clock ahead 1 hour<br/>Saturday Night March 12<sup>th</sup>.</p> |                                   | 1   | <b>Pork Chop w/Gravy</b>  | 2   | <b>Pepper Steak</b>  | 3  | <b>Vegetable Lasagna</b>   |
|  |                                   |   | Scalloped Potatoes<br>Oriental Veggies.<br>Apple Juice<br>Wheat Roll<br>Brownie |   | Mashed Potatoes w/Gravy<br>Peas<br>Wheat Bread<br>Tropical Fruit Salad |  | Prince Edward Blend Veggies.<br>Garlic Bread<br>Mandarin Oranges |
| 6  | <b>Brown Sugar Glazed Ham</b>     | 7   | <b>Stuffed Pepper</b>   | 8   | <b>Baked Chicken Breast</b>  | 9  | <b>BBQ Pork Sandwich</b>   |
| Sweet Potato<br>California Mixed Vegetables<br>Rye Bread<br>Cinnamon Applesauce  |                                   | Mashed Potatoes<br>Mixed Vegetables<br>Wheat Bread<br>Fruit Cocktail  |   | Roasted Red Potatoes<br>Broccoli<br>Fruit Punch<br>Cherry Pie                   |  | Potato/Corn Chowder Soup<br>Tossed Salad<br>Crackers<br>Fresh Orange   |  |
|  |                                   |   |   | <b>St. Patrick's Day</b>  |  | 10 <b>Potato Crusted Cod w/Tartar Sauce</b>  |  |
|  |                                   |   |   |   |  | Potato Wedges<br>Coleslaw<br>12 Grain Bread<br>Peaches   |  |
| 13   | <b>Chicken Parmesan</b>           | 14  | <b>Ham &amp; Potato Cheddar Bake</b>  | 15  | <b>Meatloaf w/Gravy</b>  | 16   | <b>Dinner Corn Beef &amp; Cabbage</b>                            |
| Penne Pasta<br>Capri Vegetables<br>Garlic Bread<br>Pineapple Chunks  |                                   | Winter Blend Veggies.<br>Apricots<br>Wheat Bread<br>Chocolate Pudding |   | Mashed Potatoes w/Gravy<br>Corn<br>12 Grain Bread<br>Mandarin Oranges           |  | Boiled Carrots & Potatoes<br>Rye Bread<br>Banana<br>Shamrock Cookie  |  |
|  |                                   |   |   |   |  | 17 <b>Tuna Noodle Casserole</b>  |  |
|  |                                   |   |   |   |  | Peas<br>Wheat Roll<br>Cinnamon Baked Apples  |  |
| 20   | <b>Polish Kielbasa</b>            | 21  | <b>Stuffed Shells w/ Meat Sauce</b>   | 22  | <b>Roasted Turkey w/Gravy</b>  | 23   | <b>Teriyaki Beef &amp; Broccoli over Rice</b>                    |
| Sauerkraut<br>Mashed Potatoes<br>Rye Bread<br>Mixed Fruit  |                                   | Prince Edward Vegetables<br>Garlic Bread<br>Pears                     |   | Baked Sweet Pot.<br>California Blend Vegetables<br>Wheat Bread<br>Fruited Jello |  | Sliced Carrots<br>Dinner Roll<br>Applesauce  |  |
|  |                                   |   |   |   |  | 24 <b>Quido's Chicken-Biscuits</b><br><i>(Baked Fish-Alternate available)</i><br>Mashed Potatoes<br>Mixed Vegetables<br>Pineapple Chunks |  |
| 27   | <b>Breaded Chicken Drumsticks</b> | 28  | <b>Lemon Pepper Fish</b>  |   | <b>Salisbury Steak</b>   |  | <b>Apple Baked Pork</b>  |
| Au Gratin Potatoes<br>Green Beans<br>Wheat Bread<br>Peaches  |                                   | Tater Tots<br>Coleslaw<br>12 Grain Bread<br>Oranges                   |   | Mashed Potatoes w/Gravy<br>Peas<br>Wheat Bread<br>Pineapple Chunks              |  | Baked Potato w/ Sour Cream<br>Oriental Veggies.<br>Apple Juice<br>Rye Bread<br>Apple Pie   |  |
|  |                                   |   |   |   |  | Macaroni & Cheese  |  |
|  |                                   |   |   |   |  | Stewed Tomatoes<br>Dinner Roll<br>Tropical Fruit   |  |

All meals are served with 1/2 pint milk and margarine.

**Menus are subject to change without notification.**

**ATTENTION:**

**Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.**