



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

MARCH 2024

Senior Wellness and Nutrition Program Menu



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<div>1</div> Tuna Noodle Casserole Broccoli Mandarin Oranges Wheat Bread Fruit Juice
<div>4</div> Sloppy Joe on Bun Tater Tots Green Beans Fresh Pear	<div>5</div> Fire Braised Chicken Thigh Roasted Root Veg. Baked Potato with Sour Cream Pineapple Fruit Juice Whole Wheat Bread	<div>6</div> Roasted Pork Loin Sauerkraut Mashed Potatoes with Gravy Applesauce Jell-O with Fruit Wheat Dinner Roll	<div>7</div> Cheddar Turkey Casserole Italian Beans Peaches Whole Wheat Bread Fruit Juice	<div>8</div> Fish Scampi Garden Rice California Blend Vegetables Mixed Fruit Fruit & Veg. Juice Wheat Dinner Roll
<div>11</div> White Chicken Chili Tossed Salad Muffin Fruit & Vegetable Juice Blackberry Cobbler	<div>12</div> Ham Steak Baked Sweet Potato Key West Vegetables Mandarin Orange Whole Wheat Dinner Roll	<div>13</div> Spanish Rice Fiesta Corn Pineapple Whole Wheat Dinner Roll Fruit Juice	<div>14</div> Corned Beef Cabbage & Carrots Potatoes Poke Cake Fresh Orange Rye Bread	<div>15</div> Macaroni and Cheese Stewed Tomatoes Peaches Fruit & Vegetable Juice Whole Wheat Bread
<div>18</div> Fried Egg, Sausage, and Cheese on Croissant Home Fries Warm Cinnamon Apples Fruit & Veg. Juice	<div>19</div> Chicken Caesar Salad Croutons & Dressing Chocolate Pudding Fresh Tangerine Whole Wheat Dinner Roll	<div>20</div> Roast Turkey with Gravy Mashed Potatoes with Gravy Carrots Banana Whole Wheat Bread	<div>21</div> Beef Stroganoff Over Noodles Roasted Brussels Sprouts Pears Fruit & Vegetable Juice Wheat Dinner Roll	<div>22</div> Battered Fish with Tarter Sauce Coleslaw Potato Wedges Pineapple Fruit & Veg. Juice Whole Wheat Bread
<div>25</div> Breaded Chicken Drumstick Roasted Red Potatoes Cauliflower Strawberry Applesauce Fruit Juice Whole Wheat Bread	<div>26</div> Sausage Gravy Over Biscuit Deluxe Hash Brown Fresh Pear Tomato Juice	<div>27</div> Scalloped Potatoes with Ham Beets Peaches Wheat Dinner Roll Fruit & Vegetable Juice	<div>28</div> Meatloaf with Gravy Mashed Potatoes with Gravy Corn Mixed Fruit Whole Wheat Bread	<div>29</div> Cheese Stuffed Shells with Parmesan Cheese Tossed Salad Garlic Bread Warm Apple Crisp Fruit Juice

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.