

March's Menu – Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$4.50 per meal.
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go. Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of March.

Ziti Parmesan 1 Broccoli Florets Fruit Cocktail Sugar Cookie	Pub Burger OR 2 Sausage Link w/Peppers & Onions Baked Potato Peas Gelatin Cup	Swedish Meatballs 3 Over Mashed Potatoes California Mixed Vegetables Chocolate Mousse	Stuffed Pepper Casserole 4 Sliced Carrots Applesauce Cherry Crisp	Chicken Breast Marsala 5 OR Broiled Fish w/Lemon Herb Roasted Potatoes Italian Green Beans Double Chocolate Cookie
Turkey Tetrazzini 8 Hot Beets Fruited Yogurt Oatmeal Cranberry Cookie	Liver w/Onions OR 9 Meatloaf Chantilly Potatoes Peas Gelatin Cup	Classic Meat Lasagna 10 Italian Green Beans Bread Pudding	Halupki OR 11 Chicken Breast Parmesan Mashed Potatoes Italian Blend Vegetables Honey Bran Muffin	Swiss Steak OR 12 Spinach Parmesan Pollack Buttered Noodles Sliced Carrots Snickerdoodle Cookie
Beef Stew over a Biscuit 15 Cauliflower w/Parsley Warm Spiced Peaches Chocolate Chip Cookie	Egg Salad OR 16 Spiedie Marinated Chicken Breast Sandwich Baked Beans Ambrosia Chocolate Pudding	<i>St. Patrick's To-Go Luncheon</i> Baked Ham OR 17 Pub Style Battered Fish Baby Red Potatoes Sautéed Cabbage & Carrots Sugar Cookie w/Sprinkles	Macaroni & Cheese 18 Peas w/Pearl Onions Stewed Tomatoes Cinnamon Spiced Apples	Roast Turkey OR 19 Herb Rubbed Pollack Mashed Potatoes Mixed Vegetables Orange Cranberry Bar
Beef Stroganoff 22 Over Buttered Noodles Sliced Carrots Gelatin Cup	Rotisserie Chicken OR 23 Salmon Patty w/Dill Sc. Couscous Brussels Sprouts Snickerdoodle Cookie	American Goulash 24 Peas Fruit Cocktail Raspberry Ribbon Bar	Chicken Salad 25 Croissant Pickled Beet Salad Applesauce Pineapple Upside Down Cake	Sweet & Sour Pork 26 OR Citrus Rubbed Pollack Brown Rice Broccoli Florets Mandarin Oranges
Meatball Sub 29 Wax Beans Fruit Cocktail Double Chocolate Cookie	Cranberry Orange 30 Glazed Turkey Breast Mashed Sweet Potatoes Green Bean Casserole Apple Cinnamon Muffin	Lemon Pepper Pollack OR 31 Chicken Breast Marengo Roasted Potatoes Peas and Carrots Diced Peaches	<i>Think Spring! Hot Dog Day</i> Hot Dog w/Diced Onions 4/1 OR Tuna Salad Boat Macaroni Salad Baked Beans Strawberry Shortcake	Salisbury Steak OR 4/2 Breaded Fish Brown Rice Pilaf California Blend Vegetables Carrot Raisin Bar