

Meet, Greet & Eat

March's Menu – Bon Appétit!

At all 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.

<i>Need to Reduce Sugar and Calorie Intake?</i> We offer a non-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this modified menu option, please tell the receptionist at the senior center that you would like the NCS menu.				Beer Battered Fish OR Salisbury Steak Brown Rice Pilaf Winter Squash Banana Cake	1				
Ham Steak with Mustard Sauce Au Gratin Potatoes Broccoli Chocolate Chip Cookie	4	Breakfast for Lunch Waffles Eggs/Omelets Sausage, hash browns, toast Fruit, juice & coffee	5	Fish Florentine OR Beef Burgundy Buttered Noodles California Mixed Veg Fruited Gelatin w/ Whipped Topping	6	Turkey with Gravy Bread Dressing Sweet Potatoes Pineapple & Mandarin Oranges	7	Citrus Herb Pollack OR Sausage Link Oven Roasted Potatoes Brussels Sprouts Devil's Food Cake	8
Macaroni & Cheese Stewed Tomatoes Cauliflower with Parsley Banana	11	Breakfast for Lunch French Toast Eggs/Omelets Bacon, hash browns, toast Fruit, juice & coffee	12	Halupki OR Roast Turkey Mashed Potatoes w/ Gravy Peas Chocolate Pudding	13	Classic Meat Lasagna Broccoli Hot Cinnamon Apple Slices Blueberry Buckle	14	St. Patrick's Day Party Fish Florentine OR Corned Beef Baby Red Potatoes Sautéed Cabbage & Onions Key Lime Pie Cups	15
Chili w/Cheese & Cornbread Mixed Vegetables Applesauce Peanut Butter Cookie	18	Breakfast for Lunch Breakfast sandwich on English Muffin Eggs/ Omelets Sausage, hash browns, toast Fruit, juice & coffee	19	Sliced Pork w/ Gravy OR Salmon Patty w/ Dill Hash Brown Potatoes Broccoli Peaches	20	Pasta Parmesan Sausage Soup Spinach Cherry Crisp	21	Herb Rubbed Pollack OR Grandma's Meatloaf Lemon Rice Pilaf Carrots Mixed Fruit Cup	22
Meatball Parm Sub Minestrone Soup Fresh Orange M&M Cookie	25	Breakfast for Lunch Pancakes Eggs/Omelets Bacon, hash browns, toast Fruit, juice & coffee	26	Pub Burger OR Tuna Salad Sandwich Garbanzo Bean Salad Cottage Cheese w/Chives Berry Crumb Bar	27	Roast Beef w/Gravy Mashed Potatoes Green Beans Peach Cobbler	28	Beer Battered Fish OR Italian Chicken Filet Baby Red Potatoes Peas & Carrots Pineapple & Mandarin Oranges	29