

March Lunch Menu

M

2

Turkey Burger, Whipped Potatoes, Carrot Coins, Whole Wheat Bun, Fruit Cocktail, Graham Crackers, Milk

9

Chicken Breast in Thin Gravy, Broccoli Florets, Multi-Grain Bread, Brown Rice Pilaf, Peach Slices, Oatmeal Raisin Cookie, Milk

16

Apple Spice Boneless Pork Chop in Thin Gravy, Mexi-Corn with Red & Green Peppers, Multi-Grain Bread, Brown & Wild Rice, Pear Slices, Milk

23

Chicken Leg and Thigh, Broccoli Florets, Yams with Cinnamon & Brown Sugar, Whole Wheat Bread, Sliced Peaches, Milk

30

Chili Dog, Mixed Vegetables, Mandarin Oranges and Pear Cuts, Milk

T

3

Teriyaki Meatballs, Parsley Potatoes, Tossed Salad with Romaine, Leaf, Cucumbers and Radishes, Multi-Grain Bread, Red Delicious Apple, Milk

10

Shredded BBQ Pork, Gourmet Potatoes, Baby Brussel Sprouts, Whole Wheat Bun, Red Delicious Apple, Milk

17

Corned Beef & Cabbage with Caraway Seeds, Whipped Horseradish Potatoes, Rye Bread, Sugar Cookies with Green Sparkles, Milk

24

Cold Roast Beef with Swiss Cheese, Tomatoes & Cucumbers, Baby Corn & Pea Salad, Whole Wheat Bun, Tapioca, Milk

31

Boneless Pork Chop in Thin Gravy, Lemon & Herb Penne, Snap Peas, Corn, Red Peppers and Lima Beans, Rye Bread, Fruit Cocktail, Milk

W

4

Chicken Waldorf Salad, Marinated Green Beans, Sliced Beets, Whole Wheat Bread, Mandarin Oranges, Milk

11

Roast Beef in Thin Gravy, O'Brien Potatoes, Carrot Coins, Dinner Rolls, Orange, Milk

18

Chicken Dinner Salad with Spinach, Red Pepper Strips and Cucumbers, Sliced Beets, Dinner Rolls, Apple, Graham Crackers, Milk

25

Stuffed Cabbage, Paprika Potatoes, Mixed Vegetables, White Bread, Fudge Brownie with Mint Chips, Milk

Th

5

Pepper Steak Sandwich with Sautéed Onions, Mushrooms and Green Peppers, Orzo with Peas & Corn, Banana, Milk

12

Meatloaf in Tomato Gravy, Cauliflower Florets, Baked Yam, French Bread, Cherry Gelatin, Milk

19

Salisbury Steak in Thin Gravy, Barley Casserole with Onions & Mushrooms, Carrot Coins & Broccoli Florets, Whole Wheat Bread, Banana, Milk

26

Sliced Turkey in Thin Gravy, Whipped Potatoes, Stewed Tomatoes & Zucchini, Multi-Grain Bread, Cherry Gelatin, Milk

F

6

Cod with Lemon Pepper Seasoning, Macaroni & Cheese, Italian Stewed Tomatoes, Honey Wheat Bread, Pineapple Tidbits, Milk

13

Tuna Salad, Marinated Cucumber Slices, Corn & Black Bean Salad, Whole Wheat Bread, Banana, Milk

20

Baked Cod with Lemon Pepper Seasoning, Au Gratin Potatoes, Stewed Tomatoes, Honey Wheat Bread, Orange, Milk

27

Tuna Salad, Italian Rice Salad, Marinated Carrots, Honey Wheat Bread, Macintosh Apple, Milk

[CLICK HERE](#) to make your reservation today!

*Meals Funded by Allegheny County Department of Human Services/Area Agency on Aging