


OGDEN SENIOR CENTER NUTRITIONAL MENU March-17

MONDAY	WEDNESDAY	FRIDAY
 All meals served with milk, bread, and margarine. Soup served with crackers.	Ash Wednesday Sole Stuffed w/Scallops & Crabmeat w/Tartar Sauce Malibu Blend Vegetables Coleslaw w/o Pineapple Wheat Bread Pears	Veggie Meatballs w/Pasta & Sauce Tossed Lettuce Salad w/Ranch Dressing Wax Beans Italian Bread Mandarin Oranges
6	8	10
Chicken Cordon Bleu Beef Barley Vegetable Soup Mashed Potatoes w/Gravy Wheat Bread Lemon Pudding	Tacos w/Ground Beef, Cheese, Shredded Lettuce, Tomato Wedges, Salsa & Sour Cream Southwestern Chicken Soup Fresh Apple	Macaroni & Cheese Stewed Tomatoes Green Beans 12-Grain Bread Pineapple
13	15	HAPPY ST. PATRICK'S DAY 17
Pub Burger w/Lettuce, Tomato & Onion on Bun Corn Chowder Broccoli Peaches 25 Cupcakes	Chicken ala King over Biscuit Peas Carrots Grape Juice Petite Banana	Beef Stew <i>or</i> Broccoli Cheese Quiche Tossed Lettuce Salad w/Italian Dressing Biscuit Apple Juice Chocolate Mint Pie
20	22	24
Welcome Spring Picnic Hot Dog on Bun w/Condiments Summer Potato Salad Baked Beans Orange Juice Oatmeal Raisin Cookie	Braised Pork Chop w/Gravy Scalloped Potatoes Broccoli Dinner Roll Warm Applesauce	Eggplant Roll-up w/Sauce Tossed Lettuce Salad w/Italian Dressing Green Beans 12-Grain Bread Fresh Orange
27	29	31
Italian Sausage on Bun w/Onions & Peppers Split Pea Soup Steamed Potatoes Pineapple	Rosemary Oven Brownd 1/4 Chicken Tomato Rice Soup Cauliflower 12-Grain Bread Gingerbread Cupcake w/Topping	Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple Peas Marble Rye Bread Apricots

Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions U.S. Administration of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.