


OGDEN SENIOR CENTER NUTRITIONAL MENU March-18

MONDAY	WEDNESDAY	FRIDAY
	<p><i>All meals served with milk, bread, and butter. Soup served with crackers.</i></p>	<p style="text-align: right;">2</p> Broccoli Cheese Quiche Green Beans, Carrots Orange Juice 12-Grain Bread Pears
<p style="text-align: right;">5</p> Chicken Cordon Bleu Mashed Potatoes w/Gravy Green Peas Wheat Bread Peaches	<p style="text-align: right;">7</p> Tacos w/Ground Beef, Cheese, Shredded Cheese, Lettuce, Tomato Wedges, Salsa, and Sour Cream Vegetable Soup Fresh Apple	<p style="text-align: right;">9</p> Veggie Meatballs w/Pasta Sauce Minestrone Italian Bread Pineapple
<p style="text-align: right;">12</p> Pub Burger w/Catsup, Mustard, Relish & Onion on Bun Corn, Broccoli Apricots	<p style="text-align: right;">14</p> Ind. Meat Loaf w/Vegetable Gravy Smashed Potatoes Beets Wheat Bread Pears	<p style="text-align: right;">16</p> Macaroni & Cheese Stewed Tomatoes, Onions, & Zuchini Green Beans Wheat Bread Mandarin Oranges
<p style="text-align: right;">19</p> Broccoli & Cheese Topped Baked Potato w/Sour Cream Lentil & Black Bean Soup Dark Rye Bread Pears	<p style="text-align: right;">21</p> Chicken ala King over Biscuit Peas, Carrots Grape Juice Petite Banana	<p style="text-align: right;">23</p> Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple California Blend Vegetables Wheat Bread Fruit Cocktail
<p style="text-align: right;">26</p> Goulash w/Ground Beef Beets, Green Beans Pumpnickel Bread Mandarin Oranges	<p style="text-align: right;">28</p> EASTER MEAL Steak Diane w/Mushroom Sauce Twice Mashed Potatoes Oriental Blend Vegetables Whole Grain Roll Banana Cream Pie <p style="text-align: center;"><i>no cupcakes</i></p>	<p style="text-align: right;">30</p> <p style="text-align: center;">ABVI CLOSED</p> <p style="text-align: center;">NO MEALS SERVED</p>

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.