


# OGDEN SENIOR CENTER NUTRITIONAL MENU March-19

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>	<b>1</b>
<p>All meals served with milk, bread, and butter. Soup served with crackers.</p> 		<p>Sloppy Joe on Bun Vegetable Soup Cauliflower Apricots</p>	
<b>4</b>	<b>Ash Wednesday</b>	<b>6</b>	<b>8</b>
<p>Chicken ala King over Biscuit Lima Beans Carrots Mandarin Oranges</p>	<p>Breaded Haddock w/Tartar Sauce Coleslaw California Blend Vegetables Wheat Bread Pineapple</p>	<p>Broccoli Cheese Quiche Orange Juice Green Beans 12-Grain Bread Pears</p>	
<b>11</b>	<b>13</b>	<b>15</b>	
<p>Italian Sausage Pasta &amp; Sauce Grape Juice Wax Beans, Mixed Vegetables Italian Bread Applesauce</p>	<p>Individual Meat Loaf w/Vegetable Gravy Au Gratin Potatoes Broccoli Dinner Roll Fruit Cocktail</p>	<p>Breaded Haddock w/Tartar Sauce Coleslaw Steamed Potatoes Wheat Bread Pineapple</p>	
<b>18</b>	<b>20</b>	<b>22</b>	
<p>Pub Burger w/Catsup, Mustard, Relish, &amp; Onion on Bun Tomato Florentine Soup Corn Mandarin Oranges</p>	<p>BBQ 1/4 Chicken Yankee Bean Soup Steamed Potatoes Corn Muffin Fresh Apple</p> <p style="text-align: center;"><b>29 cupcakes</b></p>	<p>Macaroni &amp; Cheese Stewed Tomatoes Green Beans Wheat Bread Fresh Orange</p>	
<b>25</b>	<b>27</b>	<b>29</b>	
<p>Mild Chili Tossed Lettuce w/Ranch Dressing Wax Beans Corn Muffin Peaches</p>	<p>Pork w/Vegetables over Brown Rice Warm Applesauce Broccoli Dinner Roll Pineapple</p>	<p>Tuna Salad Sandwich w/Lettuce &amp; Tomato on Wheat Thinwich Minestrone Apricots</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.