



# MARCH 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Happy St. Patrick's Day</b></p>		<p><b>1</b> Stuffed Shells w/ Meat Sauce California Blend Vegetables Wheat Dinner Roll Mandarin Oranges</p>	<p><b>2</b> Corn Chowder Carrots Warm Cinnamon Peaches Dinner Roll</p>	<p><b>3</b> Meatball Sub Wax Beans Peas &amp; Carrots Hot Dog Bun Banana</p>
<p><b>6</b> Turkey Burger w/ Peppers &amp; Onions Sweet Potato Wedges Zucchini &amp; Squash Burger Bun Orange</p>	<p><b>7</b> Tuna Noodle Casserole w/ Peas &amp; Mushrooms Carrots Warm Apple Crisp Whole Wheat Bread</p>	<p><b>8</b> Hamburger Cabbage Casserole Pickled Beets Tater Tots Whole Wheat Bread Banana</p>	<p><b>9</b> Goulash Italian Green Beans Warm Spiced Pears Wheat Dinner Roll</p>	<p><b>10</b> Fire-Roasted Chicken &amp; Veggie Soup 1/2 Cheese Sandwich Cauliflower w/ Red Bell Pepper Fresh Fruit Cup</p>
<p><b>13</b> Chicken Nuggets Sweet Potato Wedges Mixed Vegetables Whole Wheat Bread Peaches</p>	<p><b>14</b> Split Pea Soup Squash Warm Berry Crisp Saltines</p>	<p><b>15</b> Roasted Turkey w/ Gravy Herbed Potatoes Corn Whole Wheat Bread Fruit Cocktail</p>	<p><b>16</b> Macaroni &amp; Cheese Broccoli Harvard Beets Corn Bread Pineapple Tidbits</p>	<p><b>17</b> <b>St. Patrick's Day Special</b> Corned Beef w/ Parsley Potatoes Cabbage &amp; Carrots Bread Pudding Apple</p> 



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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>20</b> Sloppy Joe Baked Beans Brussels Sprouts Burger Bun Pineapple Tidbits</p>	<p><b>21</b> Roasted Pork w/ Gravy Rice Pilaf Succotash Whole Wheat Bread Clementine</p>	<p><b>22</b> Chicken Parmesan Pasta w/ Sauce Italian Green Beans Fruit Cocktail</p>	<p><b>23</b> Salisbury Steak w/ Gravy Mashed Sweet Potatoes Cabbage &amp; Carrots Wheat Dinner Roll Mandarin Oranges</p>	<p><b>24</b> Autumn Squash Soup 1/2 Turkey &amp; Swiss Sandwich on Whole Wheat Bread Mixed Vegetables Warm Spiced Apples</p>
<p><b>27</b> Chili w/ Beans Rice Carrots Corn Bread Strawberry Shortcake</p>	<p><b>28</b> BBQ Ribs Mashed Potatoes Corn Dinner Roll Fruit Cocktail</p>	<p><b>29</b> Chicken &amp; Biscuits Green Beans Mashed Potatoes Applesauce</p>	<p><b>30</b> Baked Ziti w/ Meat Sauce Warm Spinach Salad Italian Bread Warm Spiced Peaches</p>	<p><b>31</b> Loaded Potato Soup Mixed Vegetables Dinner Roll Blueberry Crisp</p>



Please make checks payable to:  
Montgomery County Office for Aging, Inc.  
135 Guy Park Ave., Amsterdam, NY 12010  
Phone #: 518-673-2000 or 518-843-2300

**CALL BEFORE 9AM WITH CANCELATIONS**

Suggested contributions:  
Home-delivered meal \$3.00  
Congregate meal \$3.00  
Guests under 60 \$9.89  
Supper bags \$2.75



Menu may be subject to change without notice

8 oz. of 1% milk served daily

Margarine served with bread

**NO SUBSTITUTIONS FOR FOOD ALLERGIES**