

March 2023 Menu Selections



			<i>WEDNESDAY, March 1</i>	<i>THURSDAY, March 2</i>	<i>FRIDAY, March 3</i>	<i>SATURDAY, March 4</i>
			BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
			Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Cheese Omelet Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
			LUNCH	LUNCH	LUNCH	LUNCH
			Manhattan Clam Chowder Polska Kielbasa w/ Pierogies, Caramelized Onions, Sour Cream & Garden Vegetables OR Egg Salad Croissant Sandwich with Homemade Beet Salad & Potato Chips Sliced Peaches	Potato Leek Loaded Nachos with Ground Beef, Cheese, Salsa, Sour Cream & Guacomole OR Italian Submarine Sandwich with Homemade Macaroni Salad & Pickles Banana Parfait	Beef Barley French Dip Sandwich with Au Jus, Homemade Potato Salad & Pickles OR Shrimp Caesar Salad with Homemade Croutons and Parmesan Cheese Pound Cake a la Mode	Hearty Vegetable Chicken Tenders with Honey Mustard, French Fries and Coleslaw OR Ham and Pimento Pretzel Roll with French Fries and Coleslaw Cupcakes
			DINNER	DINNER	DINNER	DINNER
			Butternut Squash Garden Salad Chili Con Carne OR Rotisserie Chicken <i>Side Dishes:</i> Scalloped Potatoes Green Beans Cornbread Cheesecake	Minestrone Tartar Sauce Hmoemade Lasagna OR Sole Almondine <i>Side Dishes:</i> Boiled Potatoes Sauteed Zucchini Garlic Bread Lemon Cake	Carrot Dill Fortune Cookie Pork and Noodle Stir Fry OR Chicken Kiev <i>Side Dishes:</i> Baked Potato w/ Sour Cream Fire Roasted Vegetables Honey Wheat Dinner Rolls Snickerdoodles	Turkey and Orzo Garden Salad Homemade Beef Stew OR Broiled Flounder w/ Tarter <i>Side Dishes:</i> Au Gratin Potatoes Sauteed Baby Spinach Harvard Beets Ice Cream Sandwich

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<i>SUNDAY, March 5</i>	<i>MONDAY, March 6</i>	<i>TUESDAY, March 7</i>	<i>WEDNESDAY, March 8</i>	<i>THURSDAY, March 9</i>	<i>FRIDAY, March 10</i>	<i>SATURDAY, March 11</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Muffins Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Eggs Benedict Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea	Turkey Noodle	New England Chowder	Hearty Potato	Pasta Fagioli	Potato Leek	Chicken Noodle
Corned Beef Reuben with Homemade Macaroni Salad and Pickles	Stuffed Baked Potato with Bacon & Cheddar Cheese Tossed Salad on the Side	Shrimp Po' Bay Sandwich w/ Homemade Potato Salad & Pickles	Pork Pot Stickers w/ Steamed Rice, Stir Fry Vegetables, Egg Roll and Fortune Cookies	Meatball Parmesan Sub w/ French Fries and Coleslaw	Open Face Roast Turkey w/ Gravy, Sweet Potato Fries and Cranberry Sauce	BBQ Riblet on Soft Roll w/ Onion Rings and Coleslaw
OR	OR	OR	OR	OR	OR	OR
Homemade Seafood Salad Over Garden Greens Crackers On the Side	Turkey Club Sandwich with Homemade Celery Apple Salad and Potato Chips	Grilled Chicken Salad with Strawberries, Almonds and Balsaic Vinaigrette	B.L.T. Sandwich with Homemade Cucumber Salad and Potato Salad	Thai Peanut Noodle Salad w/ Grilled Shrimp and Mandarin Oranges	Antipasto Salad with Salami, Ham, Olives, Roast Peppers and Cheese	Homemade Tuna Platter with Your Choice of Dressing
Cannolis	Sugar Free Fruited Jello	Peaches and Cream	Butterscotch Pudding	Sliced Apricots	Rice Pudding	Chocolate Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
White Bean and Spinach Garden Salad	Mushroom Barley Mint Jelly	Chicken Broth and Noodles Garlic Bread	Beef Vegetable Tartar Sauce	Chicken and Rice Apple Sauce	Turkey and Orzo Garden Salad	Minestrone Garlic Bread
Chicken Cutlet OR Cod Loin w/ Tartar Sauce <i>Side Dishes:</i> Garlic Mash Potatoes Broccoli Florets Honey Wheat Dinner Roll	Veggie Burger on Bun OR Lamb Chops <i>Side Dishes:</i> Roast Potatoes Creamed Spinach Honey Wheat Dinner Roll	Pasta a la Bolognese OR Broiled Tilapia <i>Side Dishes:</i> Rice Pilaf Garden Peas Tartar Sauce	Breaded Sea Scallops OR Chicken Murphy <i>Side Dishes:</i> Baked Potato w/ Sour Cream Stewed Tomatoes Sauteed Baby Spinach	Smothered Pork Chops OR Fish Florentine w/ Tartar <i>Side Dishes:</i> Baked Sweet Potato Sauteed Zucchini Corn Niblets	Meatloaf with Gravy OR Cheese Pizza <i>Side Dishes:</i> Mashed Potatoes Galzed Carrots Green Beans	Fettucini w/ Alfredo Sauce OR Honey Glazed Salmon <i>Side Dishes:</i> Au Gratin Potatoes Garden Vegetables Tartar Sauce
Sliced Pears	Chocolate Chip Cookies	Peaches and Cream	Butterscotch Pudding	Sliced Apricots	Rice Pudding	Chocolate Cake

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<i>SUNDAY, March 12</i>	<i>MONDAY, March 13</i>	<i>TUESDAY, March 14</i>	<i>WEDNESDAY, March 15</i>	<i>THURSDAY, March 16</i>	<i>FRIDAY, March 17</i>	<i>SATURDAY, March 18</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Apple Filled Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Toast French Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
New England Clam Chowder Hot Dog on a Bun with Sauerkraut, Baked Beans and Coleslaw OR Fresh Seasonal Fruit and Cottage Cheese Platter Crackers On the Side NAS Vanilla Pudding	Sausage, Cabbage and Potato Crispy Fish Sticks with Fresh Lemon, Tartar Sauce, Corn Niblet nd Zucchini OR Italian Sub Sandwich with Homemade Macaroni Salad and Pickles Peanut Butter Cookies	Manhattan Clam Chowder Homemade Quiche Lorraine with Fresh Fruit Salad On the Side OR Turkey and Apple Whole Grain Sandwich with Potato Chips and Beet Salad Ice Cream Sundae	Beef Barley Steak and Provolone Melt on Garlic Bread with French Fries and Coleslaw OR Cobb Salad w/ Grilled Chicken, Bacon, Avocado, Hardboiled Eggs, Tomato & Cucumber Sliced Pears	Broccoli and Cheese Pork Roll, Egg and Cheese on a Kaiser Roll with Country Skillet Potatoes OR Poached Salmon w/ Dill Sauce Served Over Spring Mix Crackers On the Side Oatmeal Raisin Cookies	Vegetable Sesame Chicken w/ Dipping Sauce, Stir Fried Rice and Steamed Snap Peas OR Grilled Vegetable Pesto Wrap with Homemade Potato Salad and Pickles Cookies and Cream Ice Cream	Chicken Broth with Noodles Sausage and Peppers Over Pasta w/ Parmesan Cheese and Fresh Sliced Bread OR Homemade Shrimp Salad Served with Fresh Garden Greens Strawberry Rhubarb Pie
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Corn Chowder Garden Salad Filet Mignon OR Cavatelli and Broccoli <i>Side Dishes:</i> Baked Potato w/ Sour Cream Steamed Broccoli Garlic Bread Warm Apple Crisp	French Onion Fresh Fruit Salad Omelets Made to Order OR Roast Pork Loin with Gravy <i>Side Dishes:</i> Candied Yams Braised Red Cabbage Green Beans Tapioca Pudding	Chicken Noodle Fortune Cookie Beef and Vegetable Stir Fry OR Filet of Sole w/ Tartar Sauce <i>Side Dishes:</i> Rice Pilaf Steamed Peas Honey Wheat Dinner Roll Lemon Pound Cake	Lentil Cornbread BBQ Spare Ribs OR Stuffed Flounder <i>Side Dishes:</i> Baked Sweet Potato Sauteed Baby Spinach Cauliflower German Chocolate Cake	Matzo Ball Cranberry Sauce Roast Turkey with Gravy OR Cheese Raviolis w/ Marinara <i>Side Dishes:</i> Mash Potatoes Cornbread Stuffing Mixed Vegetables NAS Blueberry Pie	Italian Wedding Cocktail Sauce Butterfly Shrimp OR Salisbury Steak w/ Gravy <i>Side Dishes:</i> Scalloped Potatoes Glazed Carrots Sauteed Broccoli Rabe Eclairs	Split Pea Tartar Sauce Smoked Spiral Ham OR Broiled Haddock <i>Side Dishes:</i> Au Gratin Potatoes Steamed Asparagus Fuji Apples Rice Pudding

March 2023 Menu Selections



<i>SUNDAY, March 19</i>	<i>MONDAY, March 20</i>	<i>TUESDAY, March 21</i>	<i>WEDNESDAY, March 22</i>	<i>THURSDAY, March 23</i>	<i>FRIDAY, March 24</i>	<i>SATURDAY, March 25</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Cinnamon Bun Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Crumb Cake Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato	French Onion	Cream of Mushroom	Chicken Noodle	Matzo Ball	Hearty Potato	Cream of Turkey
Grilled Cheese on Sourdough with Homemade Cucumber Salad and Potato Chips	Shrimp Stir Fry Served Over Steamed Rice with Egg Roll and Fortune Cookie	Grilled Chicken and Bow Tie Pasta w/ Vodka Sauce, Garlic Bread and Parmesan Cheese	California Cheeseburger with Lettuce, Tomato, Onion Rings & Coleslaw	Asparagus and Swiss Cheese Frittata with Garden Salad or Fresh Fruit On the Side	Ham and Swiss Croissant Sandwich w/ Carrot Raisin Salad and Potato Chips	Homemade Lobster Salad On a Toasted Buttered Roll w/ Corn Niblets & Coleslaw
OR	OR	OR	OR	OR	OR	OR
Heart Ham and Apple Salad with Toasted Walnuts and Honey Dijon Mustard	Roast Beef Sandwich with Horseradish Sauce, Homemade Potato Salad & Pickles	Tuna Salad on Whole Grain with Homemade Beet Salad and Potato Chips	Tarragon Turkey and Red Grape Salad with Iceberg Lettuce & Toasted Almonds	Liverwurst and Onion on Rye with Homemade Macaroni	Homemade Egg Salad with Fresh Avocados Served Over	Mediterranean Turkey and Hummus Platter w/ Kalamata
Peanut Butter Cookies	Apple Pie	Strawberry Shortcake	Sliced Peaches	Salad and Pickles	Baby Greens	Olives & Roasted Peppers
Chocolate Chip Cookies				Chocolate Chip Cookies	Cannolis	Root Beer Floats
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gumbo Garden Salad	Lentil Garlic Bread	Beef Barley Garden Salad	Seafood Bisque Mustard	Tortellini Tartar Sauce	Vegetable Garden Salad	Italian Wedding Garlic Bread
Broiled Salmon OR French Bread Pepperoni Pizza	Lasagna Rollettes OR Chicken Cordon Bleu	Sirloin Shepherd's Pie OR Cod Putanesca	Corned Beef and Cabbage OR Stuffed Shells w/ Garlic Bread	Ketchup Turkey Meatloaf OR Filet of Flounder	Beef Stroganoff w/ Noodles OR Crab Cakes w/ Tartar Sauce	Sweet and Sour Pork Chops OR Linguini with Red Clam Sauce
<i>Side Dishes:</i> Roast Potatoes Creamed Spinach Corn Niblets	<i>Side Dishes:</i> Scalloped Potatoes Garden Peas Harvard Beets	<i>Side Dishes:</i> Au Gratin Potatoes Sauteed Zucchini Honey Wheat Dinner Roll	<i>Side Dishes:</i> Boiled Potatoes Glazed Carrots Honey Wheat Dinner Roll	<i>Side Dishes:</i> Baked Sweet Potato Green Beans Pearl Onions	<i>Side Dishes:</i> Garlic Mash Potatoes Broccoli Florets Honey Wheat Dinner Roll	<i>Side Dishes:</i> Rice Pilaf Peppers anmd Onions Sauteed Baby Spinach
Sugar Free Fruited Jello	Brownies	NAS Vanilla Pudding	Coconut Custard Pie	Blueberry Cobbler	Tiramisu	Lemon Bars

March 2023 Menu Selections



<i>SUNDAY, March 26</i>	<i>MONDAY, March 27</i>	<i>TUESDAY, March 28</i>	<i>WEDNESDAY, March 29</i>	<i>THURSDAY, March 30</i>	<i>FRIDAY, March 31</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Cheese Omelet Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea	Cream of Broccoli	Tuscan Bread	Manhattan Clam Chowder	Potato Leek	Beef Barley
Fish and Chips with Tartar Sauce, Lemon Wedge and Coleslaw OR Waldorf Chicken Salad with Fresh Apples, Craisins and Toasted Almonds	Tuna Noodle Casserole with Glazed Carrots and Garden Peas OR Muffalata Sandwich with Homemade Pasta Salad & Pickles	Grilled Chicken Panini with Homemade Cucumber Salad and Potato Chips OR Chef's Salad Platter with Your Choice of Dressing Crackers On the Side	Polska Kielbasa w/ Pierogies Caramelized Onions, Sour Cream & Garden Vegetables OR Egg Salad Croissant Sandwich with Homemade Beet Salad & Potato Chips	Loaded Nachos w/ Ground Beef, Cheese, Salsa, Sour Cream & Guacomole OR Italian Submarine Sandwich with Homemade Macaroni Salad and Pickles	French Dip Sandwich w/ Au Jus, Homemade Potato Salad and Pickles OR Shrimp Caesar Salad with Homemade Croutons and Parmesan Cheese
Tapioca Pudding	Boston Cream Pie	Carrot Cake	Sliced Peaches	Banana Parfait	Pound Cake a la Mode
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Turkey and Wild Rice Garlic Bread	Escarole and White Bean Tartar Sauce	Chicken Noodle Garlic Bread	Butternut Squash Garden Salad	Minestrone Tartar Sauce	Carrot Dill Fortune Cookie
Yankee Pot Roast OR Baked Manicotti <i>Side Dishes:</i> Mash Potatoes Glazed Carrots Steamed Peas	Chicken Cacciatore OR Filet of Salmon <i>Side Dishes:</i> Roast Potatoes Sautéed Broccoli Rabe Honey Wheat Dinner Roll	Spaghetti and Meatballs OR Crab Cakes w/ Tartar Sauce <i>Side Dishes:</i> Rice Pilaf Corn Niblets Broccoli Florets	Chili Con Carne OR Rotisserie Chicken <i>Side Dishes:</i> Scalloped Potatoes Green Beans Cornbread	Homemade Lasagna OR Sole Almondine <i>Side Dishes:</i> Boiled Potatoes Sautéed Zucchini Garlic Bread	Pork and Noodle Stir Fry OR Chicken Kiev <i>Side Dishes:</i> Baked Potato w/ Sour Cream Fire Roasted Vegetables Honey Wheat Dinner Roll
Oatmeal Raisin Cookies	Homemade Ambrosia	NAS Chocolate Pudding	Cheesecake	Lemon Cake	Snickerdoodles