

March 2024

Menu Selections



					<i>Friday, March 1</i>	<i>Saturday, March 2</i>
					BREAKFAST	LUNCH
					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
					Autumn Soup Italian Hotdog with Potatoes, Peppers & Onions, and French Fries OR Fresh Fruit and Cottage Cheese Platter Oatmeal Raisin Cookies	Hearty Vegetable BBQ Riblet with Onion Rings and Coleslaw OR Summer Berry Salad w/ Diced Turkey, Toasted Almonds, and Raspberry Vinaigrette Chocolate Éclair Ice Cream Bar
					DINNER	DINNER
					Potato Leek Homemade Chili OR Fish Florentine <i>Side Dishes:</i> Roasted Potatoes Green Beans Cornbread Peach Pie	Turkey and Rice Chicken and Broccoli Stir Fry OR Crab Cake <i>Side Dishes:</i> Fried Rice Broccoli Florets Corn Niblets Red Velvet Cake

March 2024

Menu Selections



<i>Sunday, March 3</i>	<i>Monday, March 4</i>	<i>Tuesday, March 5</i>	<i>Wednesday, March 6</i>	<i>Thursday, March 7</i>	<i>Friday, March 8</i>	<i>Saturday, March 9</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/Jam	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/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 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 Fresh Baked Muffin 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	LUNCH	LUNCH	LUNCH
Split Pea Turkey and Coleslaw Wrap with Cucumber Salad and Potato Chips OR Greek Tuna Salad with Red Onions, Cherry Tomatoes Kalamata Olives, Feta Cheese Rainbow Sprinkled Cookies	Cream of Broccoli Homemade Sloppy Joe on a Bun with Potato Chips and Pickle OR Liverwurst and Onion on Rye with Celery Apple Salad Mandarin Oranges	Beef Barley Stuffed Baked Potato with Bacon and Cheddar Cheese Garden Salad on the Side OR Chicken Caesar Salad with Parmesan Cheese and Homemade Croutons Rice Pudding	Minestrone Franks & Beans Casserole with Cornbread and Coleslaw OR Taco Salad with Guacamole Salsa, and Sour Cream Over Garden Greens Banana Parfait	Carrot Dill Shrimp Stir Fry Served Over Steamed Rice with Egg Roll and Fortune Cookie OR BLT Club with Homemade Macaroni Salad and Potato Chips Peanut Butter Cookies	Autumn Soup Cowboy BBQ Burger with BBQ Sauce and an Onion Ring with Potato Salad and Pickle OR Chef's Salad Platter Over Garden Greens with Your Choice of Dressing Sliced Pears	Hearty Vegetable Chicken Tenders w/ Honey Mustard, French Fries, and Coleslaw OR Homemade Tuna Salad Platter Over Garden Greens and Crackers on the Side Ice Cream Sandwich
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken and Rice Chicken Kiev OR Raviolis with Marinara <i>Side Dishes:</i> Roasted Potatoes Garden Vegetables Dinner Roll Lemon Pound Cake	Spinach and White Bean Sliced Roast Beef w/ Gravy OR Pierogies with Onions <i>Side Dishes:</i> Scalloped Potatoes Sautéed Zucchini Garden Salad Carrot Cake	Chicken Noodle Homemade Chopped Steak with Onion Gravy OR Filet of Flounder <i>Side Dishes:</i> Mashed Potatoes Broccoli Florets Cauliflower Warm Peach Crumble	Butternut Squash Sweet and Sour Pork OR Stuffed Sole <i>Side Dishes:</i> Steamed Rice Stir Fried Vegetables Steamed Peas Blondie	Matzo Ball Rotisserie Chicken OR Kielbasa with Sauerkraut <i>Side Dishes:</i> Corn Casserole Glazed Carrots Steamed Asparagus Pecan Pie	Potato Leek Linguini w/ White Clam Sauce OR Omelets Made to Order <i>Side Dishes:</i> Sautéed Spinach Garden Salad Dinner Roll Tiramisu	Chicken Broth with Noodles BBQ Spare Ribs OR Filet of Pollock <i>Side Dishes:</i> Baked sweet Potato Corn Niblets Green Beans Strawberry Shortcake

March 2024

Menu Selections



<i>Sunday, March 10</i>	<i>Monday, March 11</i>	<i>Tuesday, March 12</i>	<i>Wednesday, March 13</i>	<i>Thursday, March 14</i>	<i>Friday, March 15</i>	<i>Saturday, March 16</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/Jam	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/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 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 Fresh Baked Muffin 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	LUNCH	LUNCH	LUNCH
Split Pea Ranch Chicken Sandwich w/ Lettuce and Tomato, Cucumber Salad, and Pickle OR Fresh Fruit and Cottage Cheese Platter Jell-O	Cream of Broccoli Hotdog on a Bun with Sauerkraut, Baked Beans, and Coleslaw OR Cranberry, Apple, Turkey Salad with Toasted Walnuts, and Berry Vinaigrette Tapioca Pudding	French Onion Crab Cake Sandwich with Lettuce and Tartar, Corn, and Coleslaw OR Salami and Provolone on Rye with Lettuce and Tomato, Potato Chips, and Pickle Fruit Cocktail	Manhattan Clam Chowder Honey Ham & Cheddar Melt on a Hawaiian roll with Sweet Potato Fries and Beet Salad OR Southwest Chicken Salad with Corn, Black Beans, Red Pepper, and Romaine Lettuce Cranberry Orange Cookies	Carrot Dill French Bread Pizza with Fresh Garden Salad on the Side OR Italian Sub Sandwich with Macaroni Salad and Pickle Banana Pudding	Autumn Soup Sausage & Peppers Over Pasta with Garlic Bread OR Tuna Fish Sandwich with Lettuce and Tomato and Potato Chips Sliced Peaches	Hearty Vegetable Spring Rolls w/ Dipping Sauce Stir Fried Vegetable Rice and Fortune Cookie OR Homemade Egg Salad Platter Over Garden Greens with Crackers on the Side Snickerdoodle Cookies
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Sausage, Potato & Cabbage Rigatoni Bolognese OR Broiled Flounder <i>Side Dishes:</i> Garden Vegetables Sautéed Zucchini Garlic Bread Vanilla Frosted Cake	Spinach and White Bean Pork Loin with Gravy OR Filet of Tilapia <i>Side Dishes:</i> Candied Yams Braised Red Cabbage Apple Sauce Cream Puffs	Chicken Noodle Southern Fried Chicken OR Broiled Haddock <i>Side Dishes:</i> Creamed Corn Broccoli Florets Dinner Roll Apple Raspberry Pie	Butternut Squash Eggplant Rollentini OR Western Quiche <i>Side Dishes:</i> Scalloped Potatoes Snap Peas Fresh Fruit Pound Cake	Minestrone Butterfly Shrimp OR Veggie Burger on a Bun <i>Side Dishes:</i> Baked Potatoes Green Beans Cauliflower Cannolis	Potato Leek Stuffed Pepper OR Fettuccini Alfredo <i>Side Dishes:</i> Brussel Sprouts Steamed Carrots Garlic Bread Blueberry Pie	Italian Wedding Oven Roasted Turkey OR Stuffed Flounder <i>Side Dishes:</i> Mashed Potatoes Asparagus Cranberry Sauce Cheesecake

March 2024 Menu Selections



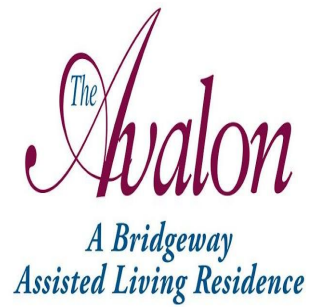
<i>Sunday, March 17</i>	<i>Monday, March 18</i>	<i>Tuesday, March 19</i>	<i>Wednesday, March 20</i>	<i>Thursday, March 21</i>	<i>Friday, March 22</i>	<i>Saturday, March 23</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/Sausage 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 Fresh Baked Muffin 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/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea Crispy Fish Sticks with French Fries and Coleslaw OR Chicken Salad on White Toast with Beet Salad and Pickle	Cream of Broccoli Grilled Chicken Caesar Wrap with Pasta Salad and Potato Chips OR Chef's Salad Platter Over Garden Greens with Your Choice of Dressing	Tuscan Bread Philly Cheesecake with Sautéed Onions and French Fries OR Egg Salad Sandwich on Croissant with Three Bean Salad and Potato Chips	Minestrone Muffalata Sandwich with Sundried Tomato Orzo Salad and Pickle OR Tortellini Caprese Salad w/ Spinach and Mozzarella in A Balsamic Glaze	Potato Leek California Cheeseburger with Lettuce and Tomato, French Fries, and Coleslaw OR Cranberry, Apple, Turkey Salad with Toasted Walnuts, and Berry Vinaigrette	Autumn Soup Turkey, Swiss & Cranberry Panini with Potato Salad and Pickle OR Antipasto Salad with Ham, Salami, Olives, Roasted Peppers and Mozzarella	Hearty Vegetable Tempura Shrimp Salad with Mandarins, Cucumbers, and Sesame Vinaigrette OR Salami and Swiss on Rye with Potato Chips and Cucumber Salad
NAS Chocolate Pudding	Oatmeal Raisin Cookies	Chipwich Ice Cream	NAS Pistachio Pudding	Fruited Jell-O	Ice Cream Sundae	Banana Pudding
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken and Rice Chicken Pot Pie OR Fish Florentine <i>Side Dishes:</i> Potato Pancakes Garden Vegetables Stewed Tomatoes	Spinach and White Bean Pork Loin with Gravy OR Filet of Tilapia <i>Side Dishes:</i> Baked Sweet Potato Sautéed Zucchini Fuji Apples	Chicken Noodle Pepper Steak OR Arrancini w/ Marinara <i>Side Dishes:</i> Steamed Rice Snap Peas Broccoli Florets	Butternut Squash Chicken Marsala OR Parmesan Crusted Salmon <i>Side Dishes:</i> Pasta Garden Vegetables Garden Salad	Stuffed Pepper Soup Lasagna Rollettes OR Sole Almandine <i>Side Dishes:</i> Sautéed Spinach Cauliflower Dinner Roll	Carrot Dill Meatloaf with Gravy OR Eggplant Rollatini <i>Side Dishes:</i> Mashed Potato Stewed Tomatoes Corn Niblets	Turkey and Rice Chicken Cordon Bleu OR Broiled Cod Loin <i>Side Dishes:</i> Scalloped Potatoes Steamed Carrots Green Beans
Apple Cinnamon Cake	Chocolate Cake	Marble Pound Cake	Apple Tart	Banana Cake	Fresh Baked Cupcakes	Boston Cream Pie

March 2024

Menu Selections



<i>Sunday, March 24</i>	<i>Monday, March 25</i>	<i>Tuesday, March 26</i>	<i>Wednesday, March 27</i>	<i>Thursday, March 28</i>	<i>Friday, March 29</i>	<i>Saturday, March 30</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 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 Fresh Baked Muffin 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/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato	Stuffed Pepper Soup	Beef Barley	Cream of Broccoli	Carrot Dill	Autumn Soup	Hearty Vegetable
Beef Empanada w/ Salsa, Yellow Rice, Black Bean & Corn Medley OR Smoked Salmon Platter with Hardboiled Egg, Capers, Red Onions Over Garden Greens Ice Cream Cone	Grilled Cheese with Tomato and Bacon and Potato Chips OR Waldorf Chicken Salad w/ Fresh Apples, Craisins, and Toasted Almonds Chocolate Chip Cookies	Steak and Provolone Melt on Garlic Bread with Pasta Salad and Pickle OR Tuna Fish Sandwich on White Toast with Potato Chips and Pickle Peaches and Cream	Angel Hair Pasta with Marinara Sauce, Garlic Bread, and a Side Salad OR Bologna & Cheese Sandwich with Macaroni Salad and Pickle NAS Chocolate Pudding	Lobster Roll on a Bun with Corn Niblets and Coleslaw OR Grilled Chicken and Peach Salad with Corn Over Garden Greens Fruited Jell-O	Italian Hotdog with Potatoes, Peppers & Onions, and French Fries OR Fresh Fruit and Cottage Cheese Platter Oatmeal Raisin Cookies	BBQ Riblet with Onion Rings and Coleslaw OR Summer Berry Salad w/ Diced Turkey, Toasted Almonds, and Raspberry Vinaigrette Chocolate Éclair Ice Cream Bar
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken and Rice	Spinach and White Bean	Chicken Noodle	Butternut Squash	Minestrone	Potato Leek	Turkey and Rice
Chicken Piccata OR Baked Haddock <i>Side Dishes:</i> Rice Pilaf Broccoli Florets Steamed Peas	Honey Garlic Pork OR Sole Almandine <i>Side Dishes:</i> Mashed Potatoes Garden Vegetables Dinner Roll	Sheperd's Pie OR Cheese Pizza <i>Side Dishes:</i> Garden Peas Steamed Carrots Garden Salad	French Onion Chicken Bake OR Baked Tilapia <i>Side Dishes:</i> Egg Noodles Sautéed Zucchini Steamed Cauliflower	Corned Beef and Cabbage OR Arancini with Marinara <i>Side Dishes:</i> Boiled Potatoes Steamed Carrots Dinner Roll	Homemade Chili OR Fish Florentine <i>Side Dishes:</i> Roasted Potatoes Green Beans Cornbread	Chicken and Broccoli Stir Fry OR Crab Cake <i>Side Dishes:</i> Fried Rice Broccoli Florets Corn Niblets
Orange Frosted Cake	Apple Pie	Chocolate Nut Brownie	Lemon Meringue Pie	Caramel Apple Crumb Cake	Peach Pie	Red Velvet Cake



March 2024

Menu Selections



Sunday, March 31						
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						
LUNCH						
Split Pea Turkey and Coleslaw Wrap with Cucumber Salad and Potato Chips OR Greek Tuna Salad with Red Onions, Cherry Tomatoes Kalamata Olives, Feta Cheese Rainbow Sprinkled Cookies						
DINNER						
Chicken and Rice Chicken Kiev OR Raviolis with Marinara <i>Side Dishes:</i> Roasted Potatoes Garden Vegetables Dinner Roll Lemon Pound Cake						