

2023

March

Freeport Senior Center
724-295-4380

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">1</p> Pot Roast w/Gravy 1/2c. Mashed Potatoes 1/2c. Carrots Italian Bread Cookie	<p style="text-align: right;">2</p> Creamy Parmesan Pork Chop 1/2c. Diced Redskin Potatoes 1/2c. Green Beans 1 Dinner Roll 1/2c. Pineapple Tidbits Cookie	<p style="text-align: right;">3</p> Tuna Salad Sandwich w/Lettuce & Tomato 1c. Bean Soup w/Crackers 2 White Bread Fresh Fruit
<p style="text-align: right;">6</p> Chicken Marsala w/2oz. Sauce 1/2c. Rice Pilaf 1/2c. Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit	<p style="text-align: right;">7</p> 1c. Chicken Stew 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Peaches	<p style="text-align: center;">SPECIAL MEAL</p> <p style="text-align: right;">8</p> Hot Dog w/Bun 1/2c. Cheesy Mashed Potatoes 1/2c. Baked Beans Mixed Fruit Cup Birthday Cupcake	<p style="text-align: right;">9</p> Salisbury Steak w/Gravy Baked Potato w/Margarine 1/2c. Broccoli 1 Wheat Bread 1/2c. Gelatin	<p style="text-align: right;">10</p> Creamy Vegetable Lasagna .5oz. Shredded Mozzarella 1c. Tossed Salad 1 Garlic Breadstick Fresh Fruit
<p style="text-align: right;">13</p> Roasted Pork w/Apples 1/2c. Whipped Potatoes w/Chives 1/2c. Mixed Vegetables 1 Mini Biscuit w/Apple Butter Cookie	<p style="text-align: right;">14</p> 4 Swedish Meatballs w/Gravy 1/2c. Buttered Noodles 1/2c. Peas 1 Dinner Roll Seasonal Fresh Fruit	<p style="text-align: right;">15</p> 1c. Chili 1/2oz. Cheddar Cheese 1c. Tossed Salad w/Tomato Cornbread 1/2c. Applesauce	<p style="text-align: right;">16</p> Taco Salad (3oz. Taco Meat, .5oz. Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c. Corn w/Pimentos 1/2c. Pineapple 	<p style="text-align: center;">SPECIAL MEAL</p> <p style="text-align: right;">17</p> Breaded Fish Sandwich/Bun Cheese, Lettuce, Tomato 1/2c. Parley Potatoes 1/2c. Baked Beans Pie
<p style="text-align: center;">SPECIAL MEAL</p> <p style="text-align: right;">20</p> Corn Beef w/Cabbage 1/2c. Garlic Mashed Potatoes 1/2c. Carrots Pistachio Pudding Wheat Bread 	<p style="text-align: right;">21</p> Sweet & Sour Pork 1/2c. Rice 1/2c. Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	<p style="text-align: right;">22</p> Turkey Chef Salad (2oz. Turkey, Egg, Cheddar, over 1c. Mixed Greens w/Tomato) 1c. Vegetable Soup 1 Dinner Roll 1/2c. Gelatin	<p style="text-align: right;">23</p> Sloppy Joe 1/2c. Ranch Roasted Potatoes 1/2c. Green Beans 1 Hamburger Bun Fresh Fruit	<p style="text-align: right;">24</p> Stuffed Pepper w/Tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Carrots 1 Wheat Bread 1/2c. Pudding
<p style="text-align: right;">27</p> Meatloaf w/Gravy Baked Potato w/Margarine 1/2c. Beets White Bread Fresh Fruit	<p style="text-align: right;">28</p> Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2c. Noodles 1 Breadstick 1/2c. Mixed Fruit	<p style="text-align: right;">29</p> Glazed Ham w/Fruit Sauce 1/2c. Whipped Sweet Potatoes 1/2c. Peas & Carrots 1 Dinner Roll Cookie	<p style="text-align: right;">30</p> Moroccan Beef 1/2c. Vegetable Rice 1/2c. Oriental Vegetables Wheat Bread 1/2c. Mandarin Oranges	<p style="text-align: right;">31</p> Cheese Lasagna Rollup w/1oz. Shredded Cheese 1c. Tossed Salad w/Tomato 1 Italian Bread Fresh Fruit

To reserve a meal, please call your local center at the number listed above or the Area Agency on Aging office 724-548-3290 or 800-368-1066 by 11:00 the day before.

*Special meal requires a reservation by 11:00 a.m., three working days in advance. Please call your local center at the number listed above or the Area Agency on Aging office 724-548-3290 or 800-368-1066.