MIDDAY FRIENDSHIP MENU MARCH 2018

Call 3 Days in Advance
Parsippany Site
973-884-1868
$2.00 Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Meat Loaf w/ Gravy Mashed Potatoes Glazed Baby Carrots Spring Mix w/ Dressing Dinner Roll Fruited Yogurt Cup Chicken Noodle Soup	2 Breaded Fish Fillet Macaroni & Cheese Stewed Tomatoes Cole Slaw Pumpernickel Bread Soft Chocolate Chip Cookie Sweet Potato Bisque Soup
5 Italian Sausage & Peppers w/Onions and Hoagie Roll Italian Sliced Potatoes Italian Mixed Vegetables Antipasto Salad Jello-O Cup Roasted Eggplant with Garlic Soup	6 Chicken Marsala Rice Pilaf Green Beans Almandine Tossed Salad w/Dressing Italian Slice Banana Lentil Soup	7 Pot Roast w/Gravy Garlic Mashed Potatoes Mixed Peas, Carrots, Corn Greek Salad w/ Dressing Buttermilk Biscuit Fruited Yogurt Chicken Vegetable Soup	8 (2X) Hotdogs w/Sauerkraut Mustard, Ketchup, Relish Tater Tots California Blend Vegetables Apple Sauce Cups (2X) Hot Dog Buns Vanilla Pudding Cream of Spinach Soup	9 Crab Cake w/Tartar Sauce Mashed Sweet Potatoes Sautéed Spinach Potato Chips Pumpernickel Bread Lemon Sherbet Tomato Basil Soup
12 Stuffed Cabbage Mashed Potatoes Mixed Vegetables Romaine Salad w/Oranges Rye Slice Chocolate Chip Cookie Chicken Corn Chowder Soup	13 Breaded Fish Fillet w/ Tartar Sauce Tater Tots Lettuce & Sliced Tomatoes Cole Slaw Kaiser Roll Tropical Fruit Salad Cups Split Pea Soup	14 Swedish Meatballs w/Gravy Buttered Egg Noodles Broccoli, Cauliflower & Carrots Applesauce Dinner Roll Marble Pound Cake Minestrone Soup	15 Chicken Cacciatore Linguini Italian Mixed Vegetables Tossed Salad w/ Dressing Mixed Bridge Roll Ice Cream Sandwich Carrot Ginger Soup	16 Stuffed Shells Penne Pasta w/ Marinara Peas w/ Pearled Onions Spinach Salad w/Honey Mustard Dressing Italian Slice Fruited Yogurt Baked Potato Soup
19 Corned Beef w/Mustard Oven Browned Red Potatoes Red Cabbage Fruited Lime Gelatin Rye Bread Shamrock Cupcake Roasted Red Pepper Soup	20 Baked Pork Chop w/ Gravy Mashed Potatoes Herbed Green Beans Applesauce Dinner Roll Toasted Almond Bar Cabbage Soup	21 Pepper Steak Brown Rice Sugar Snap Peas Spring Mix w/ Dressing Dinner Roll Vanilla Pudding Cup Beef Barley Soup	22 BBQ Chicken Red Beans and Rice Broccoli Spears Tossed Salad w/ Mandarin Oranges & Dressing Corn Muffin Strawberry Sundae South West Soup	23 Cheese Lasagna Sautéed Spinach Three Bean Salad Garlic Bread Chocolate Éclair Broccoli Cheddar Soup
26 Beef Stew w/Gravy Peas & Carrots Egg Noodles Tomato & Onion Salad Buttermilk Biscuit Fruited Yogurt French Ham & Vegetable Soup	27 Baked Chicken Leg Mashed Potatoes Zucchini w/ Tomato Sauce Pineapple Slices Wheat Bread Chocolate Sundae Chicken Tomato with Rice Soup	28 California Burger on a Bun Lettuce, Tomatoes, Sliced Onions Corn Tater Tots Fruit Cocktail Ice Cream Cone Butternut Squash & Parmesan Soup	29 Roast Turkey Breast w/Gravy Apple Raisin Stuffing California Blend Vegetables Cranberry Sauce Spinach Salad w/Honey Mustard Dressing Dinner Roll Oatmeal Cookie Spinach and White Bean Soup	30 Good Friday All Sites Closed

TAMMI BROWN-DIRECTOR

PLEASE CALL 973-285-6856 FOR THE NUTRITION CENTER NEAR YOU!

MENU IS SUBJECT TO CHANGE