


**ESSEX COUNTY NUTRITION PROGRAM**  
**Congregate Program**  
**March 2020**

Menu Subject to Change.  
 1% Milk and coffee or tea served with each meal. **Fat Free / Skim Milk**  
**and Diabetic Desserts available upon request.**  
 (Dd = Diabetic dessert)

Mon	Tue	Wed	Thurs	Fri
2 Italian Turkey Sausage in Red Sauce Oven Roasted Potatoes Sautéed Peppers and Onions Small Hoagie Roll / Margarine Peach Slices (Dd Cn Fruit)	3 Chicken Noodle Soup Salisbury Steak with Mushroom Gravy Mashed Potatoes Okra with Tomatoes and Corn Rye Bread / Margarine Fresh Fruit in Season (Dd Same)	4 West Indian Curried Chicken Leg Brown Rice Broccoli Spears Whole Wheat Bread / Margarine Strawberry Applesauce (Dd Cn Fruit)	5 Minestrone Soup Pepper Steak with Gravy Rotini Noodles Peas and Carrots Rye Bread / Margarine Pineapple Tidbits (Dd Cn Fruit)	6 Mediterranean Salmon Fillet / Tartar Sauce Baked Sweet Potato Chopped Spinach Whole Wheat Bread / Margarine Mandarin Oranges (Dd Cn Fruit)
9 Split Pea Soup Thin Sliced Pork Roast with Apple Cinnamon Glaze Wild Rice Dressing Harvard Beets Rye Bread / Margarine Fruit Cocktail (Dd Cn Fruit)	10 Chicken Breast Stuffed with Broccoli and Cheese Roasted Sweet Potato Wedges Mixed Vegetables Whole Wheat Bread / Margarine Pear Slices (Dd Cn Fruit)	11 Beef Pot Roast with Gravy Au Gratin Potatoes Sweet and Sour Red Cabbage Whole Wheat Bread / Margarine Fresh Fruit in Season (Dd Same)	12 Mild Western Turkey Chili Brown Rice Cut Green Beans Low Fat Corn Muffin / Margarine Mandarin Oranges (Dd Cn Fruit)	13 Lentil Soup Eggplant Rotini (1) / Sauce Stuffed Shells (2) with Red Sauce Broccoli Spears Whole Wheat Bread / Margarine Peach Slices (Dd Cn Fruit)
16 Tomato Rice Soup Hungarian Goulash Mashed Potatoes California Mixed Vegetables Pumpnickel Bread / Margarine Mandarin Oranges (Dd Cn Fruit)	<b>St Patrick's Day</b> align="right">17 Sliced Corned Beef / Mustard Boiled Parsley Potato Steamed Cabbage with Carrots Toss Salad / Dressing Irish Soda Bread / Margarine St. Patrick's Day Green & White Cookie (Dd Fresh Fruit)	18 Creole Baked Chicken Leg with Peppers and Onions Rice Pilaf Broccoli Spears Whole Wheat Bread / Margarine Cinnamon Applesauce (Dd Cn Fruit)	19 Stuffed Cabbage Baked Potato French Cut Green Beans Chickpea and Onion Vinaigrette Whole Wheat Bread / Margarine Frozen Yogurt (Dd Fresh Fruit)	20 Broccoli Stuffed Fish / Tartar Sauce Low Fat Pasta Vegetable Alfredo Chopped Spinach Rye Bread / Margarine Pineapple Tidbits (Dd Cn Fruit)
23 Minestrone Soup Chicken Cranberry Salad over Lettuce Corn and Black Bean Salad Diced Beet and Onion Salad Round Roll / Margarine Fresh Fruit (Dd Same)	24 Boneless Barbeque Beef Rib with Sauce Oven Roasted Potatoes Chopped Collard Greens Rye Bread / Margarine Strawberry Applesauce (Dd Cn Fruit)	25 Beef Vegetable Soup Homestyle Meatloaf with Mushroom Gravy Mashed Potatoes Ratatouille Rye Bread / Margarine Fruit Cocktail (Dd Cn Fruit)	<b>Birthday Celebration</b> align="right">26 Barbequed Chicken Leg Baked Sweet Potato Broccoli Spears Whole Wheat Bread / Margarine Chocolate Birthday Cake (Dd Fresh Fruit)	27 Cream of Celery Soup Breaded Fish Fillet with Lettuce & Tomato Slices on Bun Tartar Sauce Homestyle Potato Salad Coleslaw Pear Slices (Dd Cn Fruit)
30 Cream of Broccoli Soup Breaded Chicken Pattie with Honey Mustard Sauce Garlic Mashed Potatoes Chopped Spinach Rye Bread / Margarine Frozen Yogurt Cup (Dd Fresh Fruit)	31 Meat Lasagna with Red Sauce Broccoli Spears 3 Bean Salad on Shredded Lettuce Whole Wheat Bread / Margarine Peach Slices (Dd Cn Fruit)		 <p align="center"><b>EAT RIGHT</b>  <b>BITE BY BITE</b>                  National Nutrition Month®                  March 2020                  Academy of Nutrition and Dietetics</p>	

**This program is funded through a grant from the Essex County Division of Senior Services**