

MONDAY (Breakfast for Lunch @ BW)	TUESDAY (Breakfast for Lunch @ NB & JC Senior Ctrs)	WEDNESDAY	THURSDAY (Golden Griddle @ EB)	FRIDAY
Sloppy Joe Sandwich 1 Cream of Broccoli Soup Fruit Cocktail Oatmeal Cookie	Savory Chicken Breast 2 w/Orange Glaze Rice Pilaf Peas Bread Pudding	Rst Turkey w/Gravy 3 Mashed Potatoes w/Gvy Baby Carrots Tropical Fruit Cup	Beef Stroganoff over 4 Noodles Baby Beets Tossed Salad Sherbet Cup	Fish Florentine 5 OR Meatloaf w/Gravy Baked Potato Broccoli Banana
Macaroni & Cheese 8 Stewed Tomatoes Brussels Sprouts Fresh Fruit	Cheese Omelet OR 9 Chicken Rib BBQ Herbed Potatoes Tossed Salad Lime Fruited Gelatin	Sliced Roast Beef 10 w/Gravy Mashed Potatoes w/Gvy Spinach Gingerbread w/Lemon Sc.	Ham & Scalloped 11 Potatoes French Cut Green Beans Pineapple Chunks	Battered Fish 12 OR Stuffed Green Pepper Mashed Potatoes Carrot-Raisin Salad Oatmeal Cookie
Beef Stew over Biscuit 15 Corn Grape Juice Sherbet Cup	Sweet & Sour Pork 16 Over Rice Oriental Blend Veg. Tossed Salad Apple Crisp	St. Patrick's Celebration Sliced Corned Beef 17 O'Brien Potatoes Cabbage & Carrots Shamrock Cake	Chicken Marengo 18 Chantilly Potatoes Broccoli Tapioca Pudding w/Mandarin Oranges	Herbed Cod 19 OR Salisbury Steak w/Gvy Lemon Rice Pilaf Winter Squash Sliced Pears
Chicken ala King over 22 Biscuit Succotash Orange Juice Pumpkin Cookie	Liver w/Onions OR 23 Holupki Mashed Potatoes Cut Green Beans Banana	Sliced Pork w/Gravy 24 Mashed Potatoes w/Gvy Red Cabbage Supreme Strawberry Cake	Pierogies w/Onions 25 Carrot Coins Brussels Sprouts Cherry Fruited Gelatin	Salmon Boat w/Dill 26 OR Pepper Steak Herbed Potatoes Bahama Blend Vegetables Cinnamon Applesauce
Chicken Fettuccini 29 Alfredo Baby Carrots Tossed Salad Chocolate Chip Cookie	Sausage OR Chicken 30 Sand. w/Onions & Peppers Baked Beans Cottage Cheese Fruit Cocktail	Sliced Turkey w/Gravy 31 Bread Dressing w/Gravy Spring Blend Vegetables Pumpkin Bar	Spaghetti w/Meatballs 4/1 Cauliflower w/Parsley Apple Juice Chocolate Pudding	Stuffed Lemon Pepper 4/2 Fish OR Meatloaf w/Gvy Mashed Potatoes Peas w/Mint Sliced Pears

March '10 Lunch Menu

at Broome County Senior Centers.

Age 60+ – \$3.00; Under Age 60 – \$4.00

Reservations are needed by noon the day before. Menu subject to change.

For more information or the telephone number of a senior center near you, call 778-2411.