March 2024 Menu SENIOR MEALS OF COÖS COUNTY MUTEUTION EVENTS COMMUNITY EDUCATION TRE-COUNTY COMMUNITY ACTION. INC.



		. The state of the		· ·
Suggested Donation \$3.00-\$4.00 per meal	Please call by 10AM for your Dine In or take out reservation 752-2545	Menu subject to change without notice		Stuffed Shells w/sauce Peas and Carrots Jello Congregate Breakfast Blueberry Pancakes Sausage, Orange Juice, Greek Yogurt parfait
Salisbury Steak Farro w/Peas Normandy blend vegetable Fruit Cocktail	Baked Chicken w/apples & Barley Stir Fried Veg. Fresh Fruit	BBQ Pulled pork French Fries Broccoli Cookies	Butternut Squash Mac & cheese w/ham Peas & carrots Pudding	Home Delivered & Congregate Breakfast Vegetable Quiche Bacon Home Fries Muffin Fruit Cup
11 Lemon Baked Fish Barley Bake Vegetable Blend Mixed Fruit	Lentil Pasta Stew Spinach Fresh Fruit	Meatloaf Roasted rooted potato blend Braised Cabbage Watergate Pudding	Turkey Chili Corn Blonde brownie	Chicken Veggie Quinoa Fresh Fruit Congregate Breakfast Banana Stuffed French toast, Bacon, Home Fries and orange juice
18 Maple Glazed Pork Wild Rice Pilaf Stir fried vegetable Pudding	Beef Stew Brussel sprouts Biscuits Fresh Fruit	20 Baked fish Sweet Potato Fries Green beans Cookie	American Chop Suey Cauliflower/Broccoli Yogurt parfait	Chicken and black bean Jambalaya, rice, Roasted Corn Tapioca pudding Congregate Breakfast Breakfast Sandwich, Home fries, and fruit cup
Cook's Choice	Veggie Lasagna Green Beans Salad Fresh Fruit	Orange Chicken Vegetable Lo Mein Broccoli Peaches	Birthday Celebration Roast Pork w/Dijon Mustard Sauce Mashed potato Carrots Cake	Sausage & Vegetable grain bowl and fruit Congregate Breakfast Scramble eggs, cheese, Ham, home fries, muffin and orange juice