




March 2020



SUN	MON	TUE	WED	THU	FRI	SAT
1. LECOM Center For Health And Aging Closed	2. Pot Roast Potatoes & Carrots Dill Cucumber Salas Chocolate Chess Pie	3. Ham with Macaroni & Cheese Cauliflower Potato Salad Pear Ginger Upside Down Cake	4. Baked Penne Pasta with Cheese Garlic Bread Garlic Roasted Brussel Sprouts Cottage Cheese Fruit Basket Crumble	5. Beef Stir Fry with Vegetables Fried Rice Chow Mein Noodles Fruit Cocktail Black Forest Pudding	6. Vegetable Lasagna Garlic Parmesan Bread Roasted Zucchini Tossed Salad with Dressing Texas Gold Bar	7. LECOM Center For Health And Aging Closed
8. LECOM Center For Health And Aging Closed Spring Ahead	9. Rotisserie style Turkey Turkey Gravy Mashed Potatoes Broccoli Florets Tossed Salad with Dressing Fruit Pie	10. Ham Steak Twice Baked Potato Zucchini Creamy Coleslaw Strawberry Parfait	11. Pepper Steak with Gravy Pineapple Rice Pilaf Asparagus Italian Pasta Salad Yellow Cake with Chocolate Frosting	12. Encrusted Pork Loin With Garlic Butter Au Gratin Potatoes Wax Beans Macaroni Salad Blushing Pears	13. Deep Dish Cheese Pizza Roasted Mushrooms Tossed Salad Marbled Cheesecake	14. LECOM Center For Health And Aging Closed
15. LECOM Center For Health And Aging Closed	16. Roast Turkey Roasted Turkey Skillet Gravy Baked Sweet Potato with Cinnamon Butter Zucchini Medley Wheat Dinner Roll Cinnamon Baked Apples	17. ST. PATRICKS CELEBRATION! Special Meal Available Please See Front Desk \$15 members; \$20 non-members SEATS ARE LIMITED!	18. Grilled Chicken Breast Mashed Potatoes Garlic Roasted Brussel Sprouts Roma Pasta Salad Strawberry Shortcake	19. Turkey with Apple Normandy Scalloped Potatoes California Vegetable Blend Cottage Cheese Berry Cup	20. Eggplant Parmesan Pasta Sugar Snap Peas Fantasy Fruit Tossed Salad with Dressing	21. LECOM Center For Health And Aging Closed
22. LECOM Center For Health And Aging Closed	23. Mesquite Roasted Turkey Oven Browned Potatoes & Onions Spinach Three Bean Salad Pumpkin Mousse	24. Apricot Glazed Pork Loin Red Skin Potatoes Parmesan Baked Zucchini Caesar Salad Blueberries with Topping	25. Greek Chicken with Feta Steamed Broccoli Wheat Dinner Roll Carrot Raisin Salad Ambrosia	26. Chicken a la Orange Brown Rice Pilaf Asparagus Oriental Sesame Coleslaw Lemon Meringue Pie	27. Black Bean Burger Lettuce Tomato and Onion Steamed Broccoli with Lemon Macaroni Salad Fruit Crisp	28. LECOM Center For Health And Aging Closed
29. LECOM Center For Health And Aging Closed	30. Ground Baked Yogurt Chicken Potatoes & Carrots Cottage Cheese Chocolate Chess Pie	31. Braised Stew Beef Tips with Gravy Biscuit Cauliflower Potato Salad Pear Ginger Upside Down Cake		Try our Hot and Cold Grab N Go. Available Monday—Friday 9 am—1 pm Breakfast, Lunch, Snacks and other sides available	<u>Reservations are required for the hot meal on the Wednesday prior.</u>	

To make lunch reservations call 453-5072 or email Marie Heberlein at

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