

Mystic Valley Elder Services Senior Dining Choice Menu ... March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Soup/Crackers Roast Turkey /Gravy Whipped Potatoes /Cranberry Sauce Honey Glazed Carrots & Parsnips/Bread OR Chicken Patty/Lite Mayo Lettuce Leaf/Potato Salad Cucumber, Carrot, Onion Salad/Hamburger Roll Apple Turnover	2 Corn Chowder/Crackers * Greek Chicken /sauce Lemon olive rice Riviera Vegetable Blend Bread OR Chef Salad /Lite Italian Dressing Macaroni Salad/Wheat Roll Tapioca Pudding/tpg	3 Tomato soup/crackers Pier 17 Fish Lemon Sauce/Lemon Wedge Tarter Sauce/Spinach Red Bliss Potatoes/Bread OR Tuna fish/Lettuce Leaf/Lemon rice salad Purple Cabbage Cole Slaw/Bread Peaches	4 Beef Stew/Peas Muffin OR Turkey and Swiss cheese Lite mayo/Lettuce leaf Roman Blend Veg. Salad Macaroni salad w/cheese Bread Pineapples	5 Baked Crumb Topped Macaroni and Cheese Collard Greens Whole Wheat Roll OR Seafood Salad***/Lettuce Leaf German Potato Salad Broccoli Tomato Salad/Bread Fresh Fruit
8 Vegetable Pasta Soup/crackers Chicken Paprika/sauce Parsley Potatoes/Broccoli/Bread OR Tuna Salad/Lettuce Leaf Carrot Pineapple salad Three Bean Salad/Hot dog Roll Dark Chocolate Mousse/tpg	9 Split Pea Soup/crax American Chop Suey Grated Parmesan Cheese/Green Beans/Bread OR *Deli Corned beef *** w/ Swiss cheese/Sauerkraut English Pea Salad Russian dressing/Dark Rye Fresh Fruit	10 Lentil Soup/crackers ***Ham and Pasta Bake with White Cheese Sauce Carrots/Bread OR Roast Beef/provolone Cheese Mustard/Lettuce Leaf Tomato Red Pepper Salad/Potato Salad/Bread Tropical Mixed Fruit	11 Mushroom Barley Soup/Crackers Meatloaf/Brown Gravy Mashed Potatoes/Beets/Bread OR Turkey/Cheese/Lite mayo Lettuce Leaf Tomato & Zucchini Salad German Potato Salad/Bread Frosted Yellow Bday Cake	12 Seafood Chowder/Crackers Crumb Topped Baked Haddock Lemon Butter Sauce/Lemon Wedge Mixed Vegetables/Wild Rice/Bread OR Egg Salad/Lettuce Leaf/Spinach Mandarin Orange Salad/Dressing Corn Salad/Bread Mandarin Oranges
15 Cream of Butternut Squash Soup/Crackers Pot Roast/Brown Gravy O'Brien Potatoes Broccoli & Cauliflower/Whole Wheat Roll OR Chicken Patty/Lettuce Leaf/Lite Mayo Cucumber Creamy Dill salad Pasta Salad w/Cheese/Hamburger Roll Fresh Fruit	16 Vegetable Barley Soup/Crax. Creamy Italian Chicken/Creamy Italian sauce Sweet Potatoes/Brussels Sprouts/Bread OR Peppercorn Turkey Mozzarella Cheese Lite Mayo Carrot Pineapple Salad Three Bean Salad/Bread Peaches	17 St. Patrick's Day Special CORNED BEEF STEW*** Parsley Boiled Potatoes Golden Biscuit Patty's Jello Cake with Whipped Topping	18 Clam Chowder/crax. Baked Haddock/Lemon Sauce/Rice Pilaf Zucchini & Summer Squash Muffin OR Roast beef & cheddar/Lettuce leaf/sliced tomato Lite Mayo/Riviera Salad Potato Salad/Bread Mandarin Oranges	19 Lentil Spinach Soup/Crackers Cheese Lasagna Tomato sauce/Peas Carrots/Bread OR Tuna Salad/Lo Mein Pasta Salad Spinach Mandarin Orange Salad Lite Italian Dressing/Bread Pistachio Pudding/Tpg
22 Florentine Soup/Crackers Hawaiian Chicken Whipped sweet Potatoes Mixed Vegetables/Bread OR Roast Beef/Swiss Cheese/Lite Mayo Orzo vegetable salad Tomato Red Pepper Salad/Bread Chef Special Dessert	23 Reduced Sodium Hot Dog*** Baked Beans/Cole Slaw Ketchup/ mustard /relish Hot Dog Roll OR Tuna Salad Spinach Mandarin Orange Salad w/Lite dressing Red Potato Salad/Bread Butterscotch Pudding/tpg	24 Vegetable Barley Soup/crax Beef Stir Fry Brown Rice Red Pepper, Mushrooms, & Onions/Bread OR Turkey /American Cheese Lite Mayo/Lettuce Leaf Macaroni Salad/Beet Salad /Bread Mandarin Oranges	25 Split Pea Soup/Crackers Meatball Sub/Tomato Sauce/Parmesan Cheese Ziti w/Tomato Sauce Spinach/Soft t Sub Roll OR Chicken Salad on lettuce leaf Rice, tomato, black olive salad English Pea Salad/Bread Fresh Fruit	26 Tomato Soup/crax Haddock Creamy Red Pepper Sauce/Lemon Wedge Chuckwagon Corn/Broccoli/Bread OR Egg salad/Lettuce Leaf Purple cabbage cole slaw Three Bean Salad/Bread Peaches
29 Italian Garden Veg Soup/Crackers Roast Pork Roasted Onion/Gravy/Mashed Potatoes Peas & Onions/Muffin OR Roast Beef/Roast Turkey/Swiss Cheese Russian Dressing/Lettuce Leaf Broccoli Tomato Salad Balsamic Vinaigrette Pasta/Bread Applesauce	30 Potato Chowder/Crackers Salisbury Steak/brown Gravy Whipped Butternut Squash Green and Wax Beans/Biscuit OR Seafood Salad***/Lettuce leaf Tossed Salad w/ Lite Italian Dsg German Potato Salad/Bread Fresh Fruit	31 Vegetable Soup/Crackers Turkey Broccoli Penne Casserole Carrots/Bread OR Cold BBQ Grilled Chicken Sliced Mozzarella Cheese Sliced Red Onions Cole Slaw/Three Bean Salad Hamburger Roll Banana Cake	 Top Of the Morning to You!!!!	 Here's to your roof, may it be well thatched And here's to all under it - May they be well matched. <i>Irish Toast!</i>

Items in Bold are for both Menu choices on days when 2 entrees are offered. A donation of \$1.50 per meal is suggested. **** High Sodium Meal **** For individuals with food allergies, please contact the meal site coordinator for a list of foods, which contain common food allergens.