



March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Liverwurst Rye Bread Sliced Onions Cottage Cheese Diced Peach Cup Oreo Cookies	2 Salisbury Steak w/Gravy Whipped Potatoes Glazed Carrots Spinach Salad w/Ranch Wheat Dinner Roll Rice Pudding	3 Chicken Parmesan Penne w/Sauce Broccoli & Cauliflower Caesar Salad w/drsg Italian Bread Seedless Grapes	4 Beef Stroganoff Egg Noodles California Veggie Blend Fruit Salad Rye Bread Cheese Danish	5 Lemon Chicken Roasted Red Potatoes Broccoli Florets Beet & Onion Salad Marble Rye Bread Warm Apple Crisp	6 Crab Cakes Macaroni & Cheese Zucchini & Squash Lettuce Salad w/drsg Wheat Dinner Roll Vanilla Pudding	7 Chicken Salad Wheat Bread Macaroni Salad Mandarin Orange Cup Soft Granola Bar
8 Turkey & Provolone Kaiser Roll Mediterranean Pasta Salad Peach Cup Pound Cake	9 Chicken Marsala Pasta w/Marsala Sauce Roasted Veggies Lettuce, Tomato, Onion Salad with drsg Pumpernickel Roll Vanilla Ice Cream Cup	10 Pot Roast w/Gravy Garlic Mashed Potatoes Baby Peas Cucumber Salad Wheat Roll Sponge Cake w/cream filling	11 Orange Chicken Rice & Red Beans Roasted Zucchini Salad w/Swiss Cheese, oil and vinegar Wheat Bread Banana	12 Swedish Meatballs Egg Noodles Green Beans Salad w/drsg Italian Bread Chocolate Chip Cookies	13 Eggplant Parmesan Penne Pasta w/Sauce Italian Veggie Blend Caesar Salad w/drsg Garlic Bread Vanilla Cake	14 Salami & American Wheat Bread Potato Salad Fruit Salad Vanilla Pudding
15 Seafood Salad Wheat Bread 3 Bean Salad Peach Cup Powdered Doughnut	16 Meatballs w/Sauce Pasta w/Sauce Italian Green Beans Antipasto Salad w/drsg Italian Bread Seedless Grapes	17 Corned Beef Roasted Potatoes Cabbage & Carrots Fruit Salad Irish Soda Bread St. Patrick's Cupcake	18 Italian Sausage/Peppers Tomato Sauce Sliced Potatoes Green Beans Antipasto Salad w/ drsg Hoagie Roll Shortbread Cookie	19 Tarragon Chicken Basmati Rice California Veggie Blend Fruit Salad Pumpernickel Roll Pound Cake	20 Vegetarian Chili Brown Rice Mixed Veggies Fruit Salad Cornbread Apple	21 Turkey & Swiss Kaiser Roll Cucumber Salad Apple Slices Brownie
22 Tuna Salad Rye Bread Mediterranean Pasta Salad Diced Pear Cup Fig Bar	23 Beef Stew w/Gravy Baby Potatoes Peas/Onions/Carrots Chickpea Onion Salad Buttermilk Biscuit Chocolate Pudding	24 Roasted Pork Loin w/gravy Cornbread Stuffing Brussels Sprouts/Carrots Lettuce Salad w/Drsg Mandarin Oranges Corn Muffin	25 Chicken Francese Long Grain/Wild Rice Roasted Broccoli Deluxe Fruit Salad Italian Bread Chocolate Ice Cream	26 Roast Turkey w/Gravy Sweet Potato Casserole Brussels Sprouts, Carrots, Cauliflower Applesauce Dinner Roll Plum	27 Fish Filet w/garlic butter Macaroni & Cheese California Veggie Blend Fruit Salad Raisin Bread Rice Pudding	28 Egg Salad Croissant 3 Bean Salad Apple Slices Blueberry Muffin
29 Turkey, Ham, Provolone Hoagie Roll Carrot Raisin Salad Fruit Salad Oatmeal Cookies	30 Baked Ham w/Brown Sugar/Spice Glaze Mashed Sweet Potatoes Green Bean Casserole Tossed Salad w/Drsg Dinner Roll Chocolate Cake	31 Stuffed Cabbage Rice Pilaf Mixed Veggies Mixed Lettuce Salad w/drsg Rye Bread Lemon Pocket				

Alternate Menu

Meatloaf substitution is offered
 Monday through Friday.
 Please call 908-284-0735 by 12 PM the
 day before to order.

**Please place an ICE PACK in
 the COOLER.**

**Ice keeps the cold portion of
 your food cold.**

Milk and juice served daily.

Suggested donation is \$5.50 a meal. All menus are subject to
 change without notice. Milk and margarine/butter are included
 with each meal. No additional salt is added to any recipe.
 Diabetic desserts are available. Meals provide 1/3 recommended
 Dietary Reference Intakes (DRIs) for older adults. This program
 is partially funded by Title III of the Older Americans Act.