








March

Town of Mamaroneck Senior Center
 LUNCH MENU - CALL 834- 8840 BY 2:00PM DAY BEFORE TO MAKE RESERVATION

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>5 Chicken Marsala Pasta with oil/garlic Green Beans</p>	<p>6 Stuff Shells Tomato Sauce Broccoli/ Tossed Salad with chickpeas</p>	<p>7 Beef Stew Brown rice Mixed Veggies</p>	<p>8 Baked Fish Succotash Spinach</p>	<p>9 Spinach Quiche Roasted Potatoes Stewed Tomatoes</p>	<p>10 </p>
<p>11 Daylight Savings Time Begins Set clocks ahead 1 hour</p>	<p>12 Salisbury Steak Gravy Cauliflower Mash Peas & Onions</p>	<p>13 Roasted Chicken Honey Mustard Roasted Potatoes Mixed Veggies</p>	<p>14 Salmon Burger Peach Salsa Quinoa & Kale Wax Beans</p>	<p>15 Special Luncheon ST. PATRICK'S DAY MENU</p>	<p>16 Cheese Lasagna Tomato Sauce Broccoli Tossed Salad</p>	<p>17 </p>
	<p>18</p> <p>19 Knockwurst Sauerkraut Tater Tots Green Beans</p>	<p>20 Chicken BBQ Sauce Baked Beans Mixed Veggies</p>	<p>21 Breaded Pork Chops Mashed Potatoes Green Beans</p>	<p>22 Roast Turkey Gravy Sweet Potatoes Cauliflower Bake</p>	<p>23 Tilapia Oreganta Lentil Pilaf Spinach</p>	<p>24 </p>
	<p>25</p> <p>26 Chicken Cutlet Gravy Pasta with Pesto Mixed Veggies</p>	<p>27 Stuff Peppers Gravy Mashed Potatoes Green Beans</p>	<p>28 Baked Ham Raisin Sauce Scalloped Potatoes Carrots</p> <hr/>	<p>29 Turkey a la King Brown Rice Spinach</p>	<p>30 SENIOR CENTER CLOSED GOOD FRIDAY</p>	<p>31 </p>

Senior Center Coordinator: Maria Gallagher (914) 834-8840
 Senior Center Staff: Kathy Flynn, Diana Pantore, Carmen Medina
 Community Services Director: Anna Danoy
 Community Services Office: (914) 381-7840

****CALL 834-8840 THE DAY BEFORE (BY 1:00)
 TO MAKE A RESERVATION FOR LUNCH
 Suggested donation is \$3.00**CALL 834-8840
 THE MORNING YOU NEED TRANSPORTATION