



March Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun
Monday and Wednesday 12:00 Call 802-468-3093

Monday

Wednesday

Reservations must be made by 9:30AM Friday for Monday's meal		Reservations must be made by 9:30AM Tuesday for Wednesday's meal
		March 1 B.B.Q. Chicken Breast O'Brien Red Potatoes Spinach Wheat Dinner Roll Pumpkin Cookie Bar with Raisins
March 6 BIRTHDAY DINNER Stuffed Chicken Breast Mashed Red Potatoes French Green Beans Wheat Dinner Roll Chocolate Raspberry Cake		March 8 Sweet-n-Sour Meatballs Broccoli Florets Vegetable Spanish Rice Wheat Roll Ice Cream Sundaes
March 13 Beef Round Boiled Potatoes, Cabbage & Carrots in Beef Stock Wheat Roll Leprechaun Cake with Frosting		March 15 Breaded Pork Chop with Apple Bits Home Fries Diced Beets Wheat Bread Pumpkin Pudding with Cream
March 20 Roast Turkey Cranberry Apple Gravy Mashed Potatoes Carrots Wheat Dinner Roll Pumpkin Custard		March 22 Beef Burgundy with Onions Wide Egg Noodles Sliced Carrots Green Beans Wheat Dinner Roll Brownie Sundae
March 27 BINGO & BURGERS Turkey Burger with Vegetable Gravy Mashed Potatoes Brussel Sprouts Wheat Roll Peach & Craisin Crisp		March 29 Pork Loin with Apple Cider Sauce Diced Home fries Green Beans Wheat Bread Carrot Cupcake with Icing

The Community Center congregate meal service provides a nutritious meal and opportunities for socialization - essential parts of a healthy lifestyle. Please join us!
For at home meals contact the Meals on Wheels Program-Southwestern Vermont Council on Aging.
1-800-642-5119 or 802-786-5990