

**Champlain Senior Center MEALS**  
**March 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Beef Burgundy with Burgundy Wine Sauce</b> <b>Rice Pilaf</b> <b>Broccoli Normandy</b> <b>Peaches</b> 
4 <b>Oven Fried Chicken</b> <b>Red Mashed Potatoes</b> <b>Diced Carrots with Dill</b> <b>Vanilla Pudding and Fruit</b> 	5 <b>Closed for Town Meeting Day</b>	6 <b>Tortellini Alfredo</b> <b>French Green Beans</b> <b>Sugar Snap Blend Vegetables</b> <b>Apple Crisp with Cream</b> 	7 <b>Pork Tenders with White Sauce</b> <b>Red Mashed Potatoes</b> <b>Green Beans</b> <b>Apple Crisp with Cream</b> 	8 <b>Cheese Rolette with Mozzarella, Ricotta, Provolone &amp; Asiago Cheeses and Marinara</b> <b>Baby Carrots</b> <b>Fruit Jell-O with Cream</b> 
11 <b>BBQ Chicken Thighs</b> <b>O'Brien Potatoes</b> <b>Spinach</b> <b>Pumpkin Bar with Raisins</b> 	12 <b>Cheese Omelet</b> <b>Sliced Home Fries</b> <b>Broccoli Normandy</b> <b>Peaches</b> 	13 <b>Stuffed Chicken with Ham and Cheddar</b> <b>Mashed Red Potatoes</b> <b>French Green Beans</b> <b>Sugar Cookie</b> 	14 <b>Beef and Cheddar Burger</b> <b>Baked Beans</b> <b>Sliced Carrots</b> <b>Cantaloupe</b> 	15 <b>Onion Soup with Swiss Cheese</b> <b>Crackers</b> <b>Winter Mixed Vegetables</b> <b>Apricots</b> 
18 <b>Yankee Pot Roast</b> <b>Boiled Potatoes</b> <b>Cabbage</b> <b>Carrots</b> <b>Leprechaun Cake with Frosting</b> 	19 <b>Irish Corned Beef Stew With Potatoes, Turnips, Carrots, Cabbage</b> <b>Irish Soda Bread</b> <b>St. Patty's Day Cake</b> 	20 <b>Sweet and Sour Meatballs</b> <b>Broccoli Florets</b> <b>Vegetable Spanish Rice</b> <b>Applesauce</b> 	21 <b>Chicken Parmesan</b> <b>Linguine and Sauce</b> <b>Brussel Sprouts</b> <b>Fruit Cocktail</b> 	22 <b>Vegetarian Chili</b> <b>Brown Rice</b> <b>Vegetables</b> <b>Tapioca Pudding with Mandarin Oranges</b> 
25 <b>Pork Chop with Sauce</b> <b>Sweet Yams</b> <b>Winter Mixed Vegetables</b> <b>Pumpkin Cake with Icing</b> 	26 <b>Cavatappi and Cheese</b> <b>Mixed Vegetables</b> <b>Brussel Sprouts</b> <b>Peaches</b> 	27 <b>Roast Turkey</b> <b>Cranberry Apple Gravy</b> <b>Mashed Potatoes</b> <b>Baby Whole Carrots</b> <b>Pineapple Tidbits</b> 	28 <b>Roast Pork with Sauce</b> <b>Mashed Potatoes</b> <b>California Blend Vegetables</b> <b>Oatmeal Raisin Cookie</b> 	29 <b>Spinach and Cheddar Quiche with Zucchini and Summer Squash</b> <b>Home Fries</b> <b>Applesauce with Cinnamon</b> 