

**This menu is subject to change**

# MARCH-NUTRITION



The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. LUNCH is served Monday-Thursday, from 12:00 pm-1:00 pm.

**Reservations must be made at least 24 hours in advance by calling 636-3050. There are absolutely NO walk-ins accepted.**

The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

**There will be no lunch offered at the Center on Fridays due to other activities in the building. Frozen meals can only be picked up on Fridays for the time being. They can be ordered at 636-3050.**

| <u>MONDAY</u>   | <u>TUESDAY</u>   | <u>WEDNESDAY</u>   | <u>THURSDAY</u>  |
|---|--|--|--|
| 1<br>Sloppy Joe on roll<br>Tater tots<br>Carrots<br>Apricots  | 2<br>Sliced ham<br>Pineapple<br>Scalloped potatoes<br>Broccoli<br>Rye bread<br>Choc chip cookies | 3<br>Spaghetti<br>Meatballs<br>Blended juice<br>Green beans<br>Dinner roll<br>Lemon Ice              | 4<br>Pork chop<br>Gravy<br>Au gratin potatoes<br>Mixed vegetables<br>Wheat dinner roll<br>Cake |
| 8<br>Lasagna rolls<br>Meatballs<br>Dragon juice<br>Key largo vegetables<br>Italian bread<br>Brownie | 9<br>Salisbury steak<br>Mashed potatoes<br>Green beans<br>White bread<br>Diced pears             | 10<br>Chicken pot pie<br>Peas & onions<br>Carrots<br>Lorna Doones                                    | 11<br>Roast beef<br>Gravy<br>Broccoli<br>Multigrain bread<br>Banana                            |
| 15<br>Sliced ham<br>Scalloped potatoes<br>Peas<br>Rye bread<br>cake                                 | 16<br>Hamburger<br>Potato wedges<br>Carrots<br>Hamburger roll<br>Ice cream                       | 17 <b>St Patrick's Day</b><br>Corned beef<br>Cabbage<br>Boiled potatoes<br>Rye bread<br>Lime sherbet | 18<br>Chicken<br>Gravy<br>Oven brown potato<br>Mixed vegetables<br>Dinner roll<br>Cake         |
| 22<br>Polish sausage<br>Lazy pierogi<br>Peas<br>Roll<br>Pineapple chunks                            | 23<br>Chicken Caesar salad<br>Cranberry juice<br>Bread stick<br>Cake                             | 24<br>Sloppy Joe<br>Tator tots<br>Mixed vegetables<br>Hamburger roll<br>Apricots                     | 25<br>Beef stew<br>Mashed potatoes<br>Stew vegetables<br>Biscuit<br>Oreo cookies               |
| 29<br>Macaroni & cheese<br>Stewed tomatoes<br>Mixed vegetables                                      | 30<br>Chicken<br>Cheese & broccoli<br>Garden rice<br>Glazed carrots<br>Dinner roll<br>Cake       | 31<br>BBQ ribette<br>Scalloped potatoes<br>Broccoli<br>Club roll<br>Diced pears                      | 1<br>Roast beef<br>Oven brown potato<br>Green beans<br>Grape juice<br>Roll<br>Fruit tart       |



**ST. PATRICK'S DAY LUNCHEON**  
Wednesday, March 17 at 12:00 pm  
Authentic Irish meal, decorations, music

Lunch is sponsored by:

