





MARCH 2019



Please call the Cheshire Senior Center Transportation Office 203-272-0047
at least two days in advance for reservations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation is \$3.00 per meal				1 Panamanian chicken stew White rice Seasoned pinto beans Dinner roll Tropical fruit
4	5 MARDI GRAS Cajun pork Louisiana rice Spinach Biscuit Fruit juice Sweet potato pie	6 ASH WEDNESDAY Fish almondine Baked potato/sour cream French green beans Wheat dinner roll Angel food cake/ strawberry topping	7 Chicken orzo soup/crx Herb baked chicken Macaroni & cheese Bean blend Rye bread Fruit cocktail	8 Bean burrito Yellow rice /peas Mexicali corn Corn bread pineapple
11 	12 Lentil soup/crx Chef salad(ham, turkey, Cheese & hardboiled egg Lettuce, tomato & cucumber French dressing Multigrain bread Apple slices	13 <u>NO ENP SERVED TODAY</u> Senior Center C.H.A.T. Program LUNCH AND LEARN "Nutrition Myths and Facts" Registration is required by March 7	14 ST PATRICK'S DAY Corned beef & cabbage Boiled potato/ carrots Irish soda bread Apple juice Bread pudding/topping	15 Spanish omelet Spanish rice Carrots Wheat dinner roll Mandarin oranges
18 Senior Center St. Patrick's Day Luncheon & Party Corned Beef lunch with Irish Soda Bread and Dessert. Cost: \$7.00	19 Sweet & sour pork Brown rice Oriental blend vegetables Rye bread Mandarin oranges	20 Cheese baked ziti Parmesan cheese Tossed salad/ cucumber Ranch dressing Italian bread Fresh fruit	21 Hot open turkey sandwich Steak fries Carrots/ cranberry sauce Fruit juice Fruit strudel Yogurt parfait	22 Baked fish/paprika& lemon Yucca Green beans Biscuit Fruit cocktail
25 	26 Stuffed cabbage Rice Glazed carrots Dinner roll apricots	27 Vegetable barley soup broccoli quiche broiled tomato zucchini wheat bread fresh fruit	28 Chicken cordon bleu Bowtie noodles Green beans Dinner roll BIRTHDAY CAKE	29 Fish taco Yellow rice & beans Spinach Corn bread apple



NEW OPPORTUNITIES, INC.
Building Relationships to End Poverty

Elder Services /Senior Nutrition
Central Naugatuck Valley Region: 203-757-7738
Suggested donation is \$3.00 per meal

232 N. Elm Street, Waterbury, CT 06702
Website: www.newoppinc.org
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