

TOWN OF BROOKHAVEN NUTRITION PROGRAM MENU MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		SEAFOOD SALAD SAND W/ ROMAINE LETTUCE SPINACH SALAD CARROT SALAD PINEAPPLE	1 TURKEY & STUFFING ROLL UP W/ GRAVY BROCCOLI CARROTS BANANA BREAD	2 STUFFED SHELLS PARMIGIANA ESCAROLE & BEANS PEACHES
6 HERB ROASTED CHICKEN THIGH CUT GREEN BEANS SUCCOTASH APPLE	7 RIGATONI W/ MEAT SAUCE ITALIAN BLEND VEG FRUITED GELATIN	8 3 BEAN VEGETARIAN CHILI MANHATTAN BLEND VEG YELLOW SQUASH MIXED FRUIT	9 CHICKEN FAJITAS BROCCOLI W/ G&O YELLOW RICE PUMPKIN MOUSSE	10 BAKED FLOUNDER W/ SEAFOOD STUFFING SPINACH SWEET POTATO FRUIT COCKTAIL
13 GARLIC, PARMESAN & LEMON CHICKEN BREAST COLLARD GREENS & SPINACH MACARONI & CHEESE FRUIT SALAD	14 SPAGHETTI & MEATBALLS BROAD BEANS PINEAPPLE	15 CRAB CAKE CAULIFLOWER GREEN BEANS & PEAS RICE	16 CORNEBEEF & CABBAGE PEAS & CARROTS BOILED POTATO FRUITED JELLO	17 EGGPLANT PARMIGIANA GREEN BEANS PASTA W/ TOMATO SAUCE PEARS
20 LO-SODIUM VIRGINIA HAM BROCCOLI SWEET POTATO APPLE	21 CHICKEN & BROCCOLI STIR FRY ORIENTAL BLEND VEG FRIED RICE ORANGE	22 3 CHEESE MEATLESS BAKED ZITI ESCAROLE W/ G&O YELLOW SQUASH BROWNIE	23 ROAST PORK LOIN BRUSSEL SPROUTS ROAST POTATO DICED PEACHES	24 TUNA SALAD OVER ROMAINE CARROT & PINEAPPLE SALAD CORN SALAD PUDDING
27 CHOP STEAK W/ ONIONS & GRAVY BRUSSEL SPROUTS HOME FRIES BANANA	28 ROASTED CHICKEN SALAD SAND BROCCOLI SLAW CARROT SALAD DICED PEARS	29 FILET OF SOLE FLORENTINE NORMANDY BLEND VEG CORN COOKIES	30 CHICKEN PICATTA SPINACH YELLOW RICE ORANGE	31 BROCCOLI & CHEESE QUICHE GREEN BEANS PASTA PRIMAVERA FRUIT COCKTAIL

MENU IS SUBJECT TO CHANGE

**Please advise Site Manager or Staff of any food allergies
Please call by 12pm the day before to reserve a meal
Bay Area Nutrition - 631-451-9080
North Shore Nutrition - 631-451-5311
Jitney Transportation - 631-451-6122
Senior Citizens Division - 631-451-9191**

**Suggested voluntary anonymous meal contribution is \$2.
Persons with self declared income at/above 185% of the
federal poverty level are encouraged to contribute actual cost
Funding is provided by US Administration for Community Living
through NYS Office for the Aging & Suffolk County Office
for the Aging.**