

TOWN OF BROOKHAVEN NUTRITION PROGRAM MENU March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Roast Loin of Pork Balsamic Glaze, Mashed Potatoes Okra & Stewed Tomatoes Apple Sauce	3 Chicken Fajitas with Peppers, Onions, & Salsa Yellow Rice Spinach & Kale Fruit Cocktail	4 Lentil Soup Seafood Salad Sandwich Spinach Salad Pineapple	5 Turkey & Stuffing Rollup with Gravy, Broccoli & Carrots Fruit Bread	6 Baked Cheese Ravioli Escarole & Beans Vanilla Pudding w. Peaches
9 Adobo Roasted Chicken Thighs, Succotash, Green Beans Apricots	10 Meatloaf w. Gravy Whipped Potato Brussel Sprouts Banana	11 2 Batter Dipped Cod Filet Tartar Sauce Baked Sweet Potato Spinach Mixed Fruit	12 Rigatoni w. Meat Sauce Grated cheese Italian Blend Vegetable Fruited Gelatin	13 Baked Tilapia w. Lime & Cilantro Cream Sauce Roasted Potatoes Broccoli Orange
16 Garlic, Parmesan, Lemon Encusted Chicken Mac & Cheese, Greens Apple -Dance today	17 Corned Beef & Cabbage Boiled Potato Peas & Carrots Fruited Green Gelatin	18 Honey Mustard Baked Swai Filet Corn Spinach & Kale Diced Pears	19 Vegetable Soup Low Sodium Turkey & Swiss Cheese Sandwich Tomato Cucumber Salad Fruit Salad	20 Eggplant Parmigiana Pasta w. Marinara Romaine Salad Fruit Cocktail
23 Spaghetti & Meatballs Broad Beans Pineapple	24 Chicken & Broccoli Stir Fry Fried Rice Oriental Blend Vegetables Orange	25 Turkey Salisbury Steak Mashed Potatoes Broccoli Apple Sauce	26 Hungarian Goulash Egg Noodles Red Cabbage Diced Peaches	27 Potato Leek Soup Veggie Tuna Salad Sandwich Beet Salad Carrot Pineapple salad Chocolate Pudding
30 Chicken Picatta with Lemon & White Wine Yellow Rice Spinach Orange	31 Split Pea Soup Chicken Salad Sandwich Broccoli Slaw Corn & Black Bean Salad Diced Pears	Reserve meal by Noon the day before. Reserve Mondays meal by Friday. Mt Sinai 631-476-6446 Mastic 631-281-7679 Moriches 631-41-9191 Lunch is served 11:30 a.m.	Suggested voluntary anonymous meal contribution is \$2. Persons with self-declared income at/above 185% of federal poverty level are encouraged to contribute actual cost.	Menu is subject to change. Funding is provided by U.S. Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.