

**TOWN OF BROOKHAVEN NUTRITION PROGRAM MENU MARCH 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 GENERAL TSO'S CHICKEN THIGHS W/ CARROTS & BROCCOLI ORIENTAL BLEND VEG WHITE RICE MANDARIN ORANGES	2 CHICKEN FAJITAS SPINACH & KALE IN GAR & OIL YELLOW RICE FRUIT COCKTAIL	3 SEAFOOD SALAD SANDWICH ROMAINE LETTUCE SPINACH SALAD CARROT SALAD PINEAPPLE	4 TURKEY & STUFFING ROLLUP W/ GRAVY BROCCOLI CARROTS FRUITED BREAD	5 STUFFED SHELLS PARM ESCAROLE & BEANS PEACHES
8 ADOBO ROASTED CHICKEN CUT GREEN BEANS SUCCOTASH CORN BREAD APRICOTS	9 MEATLOAF W/ BROWN GRAVY BRUSSELS SPROUTS WHIPPED POTATOES BANANA	10 BEEF STEW W/ ROOT VEGS SPINACH NOODLES MIXED FRUIT	11 RIGATONI W/ MEAT SAUCE ITALIAN BLEND VEGS FRUITED GELATIN	12 BROILED FLOUNDER W/ SEAFOOD STUFFING OKRA W/ STEWED TOMOTOES BAKED SWEET POTATOES APPLE
15 GARLIC, PARM & LEMON ENCRUSTED BONELESS CHICKEN BREAT COLLARD GREENS & SPINACH MAC & CHEESE FRUIT SALAD	16 LO-SOD APPLEWOOD HAM BROCCOLI SWEET POTATOES APPLE	17 CORNED BEEF & CABBAGE PEAS & CARROTS BOILED POTATOES FRUITED GREEN JELLO	18 LO-SOD TURKEY & SWISS SAND TOMATO & CUCUMBER SALAD BEET SALAD BANANA	19 EGGPLANT PARMIGIANA GREEN BEANS PASTA W/ TOMATO SAUCE PEARS
22 SPAGHETTI & MEATBALLS BROAD BEANS PINEAPPLE	23 CHICKEN & BROC STIR FRY ORIENTAL BLEND VEG FRIED RICE ORANGE	24 TURKEY SALISBURY STEAK W/ GRAVY OVER PEAS BROCCOLI SLICED YELLOW SQUASH PUDDING	25 HUNGARIAN GOULASH RED CABBAGE NOODLES DICED PEACHES	26 TUNA SALAD ON LETTUCE CARROT & PINAPPLE SALAD CORN SALAD APRICOTS
29 CHICKEN PICATTA SPINACH YELLOW RICE ORANGE	30 CHICKEN SALAD SANDWICH BROCCOLI SLAW CARROT SALAD DICED PEARS	31 BAKED FLOUNDER TOPPED W/ PEPPERS, ONIONS & OLIVES NORMANDY BLEND VEG RICE PILAF COOKIE	4/1 CHOP STEAK W/ ONION & GRAVY BRUSSEL SPROUTS ROAST POTATO BANANA	4/2 <b>CLOSED GOOD FRIDAY OBSERVANCE FROZEN TO BE SENT</b>

**Please advise Site Manager or Staff of any food allergies  
Please advise if you will not be home to receive the meal  
Senior Citizen 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

**\*Menu is subject to change**