



# Waterbury Senior Center

## March 2017



Mon	Tue	Wed	Thu	Fri
<p>\$4.50 suggested donation 60 and older \$7.50 donation under 60 MOW receive milk on Thursday Milk served Daily at Center.</p>	<p><i>This Menu subject to change without notice</i></p>	<p>1 BBQ Chicken Mashed Potatoes Baked Beans Garden Salad Banana Whole Wheat Roll</p>	<p>2 Seafood Salad Sandwich Coleslaw Soup Tropical Fruit Cookie</p>	<p>3 Hot Dogs French Fries Baked Beans Carrot Slaw Apple</p>
<p>6 Chicken Teriyaki Over rice Chinese Vegetables WW Roll Mixed Fruit  MOW for 3/7</p>	<p>7 <b>Town Meeting Day</b>  <b>Center Closed for Lunch</b>  MOW delivered 3/6</p>	<p>8 Spaghetti &amp; Meat sauce Caesar Salad WW Roll Spinach Raspberry Squares</p>	<p>9 Monte Cristo Sandwich on ww bread Tomato Soup Broccoli Salad Apple Sauce</p>	<p>10 Chicken Divan Rice Garden Salad Banana Whole Wheat Roll</p>
<p>13 Chicken Alfredo Over pasta Broccoli WW Roll Tossed Salad Fruit Cocktail</p>	<p>14 Pancakes Sausage Homefries Fresh Fruit Yogurt Juice</p>	<p>15 Beef Bourguignon Mashed Potatoes Green Beans Whole Wheat Roll Mixed Fruit</p>	<p>16 Egg Salad Sandwich w/lettuce &amp; tomato Broccoli Soup Carrot Slaw Banana</p>	<p>17 <b>St. Pat's Day</b> Boiled Dinner WW Roll Tossed Salad Cupcakes Fresh Fruit</p>
<p>20 Pesto Pasta Tossed Salad WW Roll Mixed Vegetables Fruit Cocktail</p>	<p>21 Quiche Homefries Fresh Fruit 100% Juice Coffeecake</p>	<p>22 Roast Pork Scalloped Potatoes, Mixed Vegetable Whole Wheat Roll Applesauce</p>	<p>23 Cheeseburger w/lettuce &amp; tomato French Fries Baked Beans Coleslaw Banana</p>	<p>24 Chicken Sandwich w/lettuce &amp; tomato Carrot Slaw Chips Mandarin Oranges</p>
<p>27 American Chop Suey WW Roll Spinach Tossed Salad Mixed Fruit</p>	<p>28 French Toast Homefries Fresh Fruit Yogurt Orange Juice</p>	<p>29 Italian Chicken Wild Rice Pilaf WW Roll Mixed Vegetable Caesar Salad Fruit Cocktail</p>	<p>30 Seafood Salad Sandwich Coleslaw Soup Tropical Fruit Cookie</p>	<p>31 Beef Stew Bread Boule Coleslaw Mixed Fruit</p>