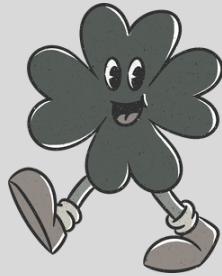


Lunch Menu

MARCH 2024

TUESDAY WEDNESDAY THURSDAY



*Kiss me,
I'm Irish*

Stuffed Pepper w/sauce
Boiled Potatoes
Chuckwagon Corn
Wheat Dinner Roll
Fresh Apple
Grape Juice

5

Dijon Chicken
Rice
Mixed Vegetables
Mandarin Oranges
Trail Mix

6

Pub Burger on Bun w/Ketchup, Mustard, Relish, Tomato & Onion Slice
Spinach Lentil Soup
Saltines
Petite Banana

7

Gates Recreation & Parks is providing lunches for the members of our community that are 60 years of age or older.

Lunch is served at 11:30 AM.

All meals served with milk - soup served with crackers. Lunch must be preordered 10 days ahead of time by calling 429-8289 or by signing up in the Annex or Recreation & Parks office. If you are not pre-registered, lunch will be available on a first come, first serve basis. The suggested contribution for lunch is \$3.50.

*Certified by
Jackie Williams, RD
- 1/30/2024*

Saint Patrick's Day

Chicken Breast Sandwich
Lettuce & Tomato Slice
Yellow Squash
Split Pea Soup
Saltines
Pineapple

12

Beef Stew served over Biscuit
Tossed Salad w/ French Dressing
Wax Beans
Fruit Cocktail

13

Pork Riblet
Mashed Sweet Potatoes
Brussels Sprouts
Corn Muffin
Fresh Orange

14

Swedish Meatballs served over Rice
Succotash
12-Grain Bread
Pears
Apple Juice

19

Chicken Fajita w/ Lettuce, tomatoe, cheddar cheese, picante sauce & sour cream
Rice
Frijole Salad
Whole Wheat Tortilla
Sherbert

20

Mild Chili
Boiled Potatoes
Tossed Salad w/Ranch Dressing
Saltines
Wheat Dinner Roll
Apricots
Cookie

21

Easter Lunch
Sliced Ham w/Pineapple sauce
Mashed Sweet Potatoes
Prince Edward Blend
Wheat Dinner Roll
Pie
Grape Juice

26

Sloppy Joe
Broccoli
Navy Bean Soup
Saltines
Petite Banana

27

Chicken Parm
Pasta w/sauce
Italian Blend Veggie
Tropical Fruit Mix

28



This program receives its funding through participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. of Human Services/Office for the Aging.

"No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. Of HS/Office for the Aging."