

March



Enjoy a delicious lunch in the OPC Dining Room, Monday through Friday at 12:00 pm

Please call by 11:00 am the day before or for a meal on Monday call by 11:00 am on Friday. Call 248.656.1403 Ext 0 60 and Over - \$3 suggested donation | Under 60 - \$4 charge | Menu is subject to change based on availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BIRTHDAY LUNCH Thursday, March 7 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, March 6 and identify yourself as a "Birthday Senior". Call 248-656-1403 Ext. 0.		1 Chicken/ w Broccoli & Cheddar Prince Charles Blend Vegetable Tapioca Pudding
4 Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Romaine Garden Salad Italian Blend Vegetable Fresh Fruit Salad	5 Ham Scalloped Potatoes Brussel Sprouts Marinated Cabbage Salad Baked apples	6 Vegetable Lasagna Italian Green Beans Romaine Garden Salad Fresh Apple	7 BIRTHDAY LUNCH Sweet & Sour Meatballs w/Rice Sugar Snap Peas Oriental Salad Mandarin Orange Salad	8 Cheese Ravioli Broccoli Cuts Garden Salad Fruit Cocktail
11 Pork Chop Creole Rice Pilaf Broccoli Cole Slaw Apricots	12 Tuna Pasta Salad Shredded Lettuce Peas Mini Muffins Mixed Fruit Cup	13 FEATURED LUNCH Pineapple Ham Scalloped Potatoes Peas & Carrots Sliced Pineapple 	14 Turkey Burger Santa Fe Salad Cookie Grapes	15 Macaroni & Cheese Whole Beets Garden Salad w/Garbanzo Beans Corn Muffin Tropical Fruit Salad
18 Chinese Pepper Steak Oriental Blend Brown Rice Vegetable Slaw Plums	19 Chicken Cacciatore Whipped Potatoes Romaine Salad California Blend Vegetable Fruit Cocktail	20 Salisbury Steak Baked Potato Italian Green Beans Spinach Salad Tropical Fruit Salad	21 Mostaccioli Cabbage Pineapple Slaw Succotash Four-Fruit Salad	22 Baked Cod Sliced Potatoes Romaine Salad Key West Vegetable Blend Apple
25 Herbed Pork Loin Oven Brown Potatoes Baby Carrots Garden Salad Fruit Salad	26 Beef Pastie/Gravy Mixed Vegetables Romaine Garden Salad Gelatin Cup	27 Tuscan Chicken Roasted Potatoes Normandy Vegetables Cabbage Slaw Plums	28 Beef Stroganoff Cauliflower/Broccoli Salad Savory Spinach Noodles Fruit Medley	29 Baked Fish Baked Potato Steamed Peas Marinated Cabbage Salad Peach Halves

Older Persons' Commission • 650 Letica Drive • Rochester, MI • 48307 • 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. **Contact information: www.aaa1b.org • 1.800.852.7795**

