

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
2 Chicken Broccoli Casserole Baked Potato Prince Charles Blend Tapiocca w\Pineapple	3 Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Romaine Garden Salad Italian Blend Vegetable Four-Fruit Salad	4 Pineapple Ham Scalloped Potatoes Brussel Sprouts Baked Apple	5 BIRTHDAY LUNCH Beef Stroganoff Egg Noodles French Cut Green Beans Peach Halves	6 Baked Cod Roasted Potatoes Key West Vegetable Garden Salad Apricots
9 Stuffed Cabbage Oven Roasted Potatoes Parsley Carrots Breadstick Pear	10 Baked Cod Sliced Potatoes Peas Garden Salad Prunes	11 Italian Ravioli Broccoli Cuts Garden Salad Fruit Cocktail	12 Sweet & Sour Meatballs w/Rice Sugar Snap Peas Orientle Blend Mandarin Orange Salad	13 Vegetable Lasagna Carrots Romaine Garden Salad w/Garbanzo Beans Vegetable Roll Fruit Medley
16 Pepper Steak Brown Rice Green Beans Romaine Garden Salad Breadstick Red Apple	17 Pork Chop Creole Oven Roasted Potatoes Asparagus Creamy Cole Slaw Peach Slices	18 Baked Chicken w/ Mushroom Red Skin Potatoes Mixed Vegetables Cruchy Pea Salad Cantaloupe	19 Bratwurst on Bun Cole Slaw w/Green Pepper German Potato Salad Sauerkraut Red Apple	20 Lemon Pepper Cod Oven Roasted Potatoes Capri Blend Orange
23 Macaroni & Cheese Whole Beets Romaine Garden Salad w/Garbanzo Beans Fruit Salad Corn Muffin	24 Chicken w/Gravy Oven Roasted Potatoes Cabbage Pineapple Slaw Green Peas Pear Breadstick	25 Turkey w/Vegetable Egg Noodles Romaine Garden Salad w/Garbanzo Beans Red Grapes Dinner Roll	26 Turkey Burger Marinated Chickpea Salad Three Bean Salad Orange	27 Tuna Pasta Peas V8 Juice Mini Muffin Plums
30 Salisbury Steak Parsley Potatoes Roasted Brussel Sprouts Garden Salad Peach Crisp	31 Oven Baked Fish Herb Diced Potatoes Normandy Vegetable Blend Whole Wheat Bread Fresh Fruit Salad		<div style="background-color: #e0f2f1; padding: 10px; border: 1px solid #ccc;"> <p>BIRTHDAY LUNCH Thursday, March 5 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, Mar 4 Call 248-656-1403 Ext. 0.</p> </div>	

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**