



# march

## MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>JOIN US FOR LUNCH!</b>            Lunch is served at OPC Mon - Fri at NOON            Reservations required -            Call 248.659.1032 by 11 am the day prior            COST: 60 &amp; over - \$3 donation   Under 60 - \$4 charge</p>		<p><b>1 Ham Low Sodium</b>            Scalloped Potatoes            Brussel Sprouts            Baked Apple            Dinner Roll</p>	<p><b>2 Beef Stroganoff</b>            Egg Noodles            French Cut Beans            Peach Halves            Dinner Roll</p>	<p><b>3 Oven Baked Fish</b>            Scalloped Potatoes            Salad            Hot Vegetable            Apricots            Dinner Roll</p>
<p><b>6 Stuffed Cabbage</b>            Oven Roasted Potatoes            Parsley Carrots            Fresh Pear            Wheat Bread</p>	<p><b>7 Chicken Breast w/ Gravy</b>            Whole Potatoes            Mixed Vegetable            Fruit Medley            Dinner Roll</p>	<p><b>8 Italian Ravioli</b>            Broccoli Cuts            Three Bean Salad            Fruit Cocktail            Dinner Roll</p>	<p><b>9 Sweet &amp; Sour Meatballs</b>            Rice            Green Beans            Oriental Vegetable            Orange Salad/Dinner Roll</p>	<p><b>10 Baked Cod</b>            Sliced Potatoes            Peas            Fresh Apple            Bread</p>
<p><b>13 Chinese Chicken Casserole</b>            Brown Rice            Cut Green Beans            Broccoli Cuts            Apple/Breadstick</p>	<p><b>14 Pork Chop Creole</b>            Roasted Potatoes            Asparagus            Peach Slices            Whole Wheat Bread</p>	<p><b>15 Parmesan Chicken</b>            Red Skin Potatoes            Mixed Vegetables            Fruit Cocktail            Wheat Bread</p>	<p><b>16 Bratwurst w/Bun</b>            German Potato Salad            Sauerkraut            Apple</p>	<p><b>17 Lemon Pepper Cod</b>            Oven Roasted Potatoes            Capri Vegetable            Orange            Wheat Roll</p>
<p><b>20 Macaroni &amp; Cheese</b>            Baby Beets            Carrots            Corn Muffin            Fruit Salad</p>	<p><b>21 Chicken Cutlet w/Gravy</b>            Roasted Potatoes            Broccoli Cuts            Fresh Pear            Bread</p>	<p><b>22 Turkey w/Vegetables</b>            Egg Noodles            Garden Salad            Grapes            Dinner Roll</p>	<p><b>23 Turkey Burger w/Bun</b>            Tomato Salad            Three Bean Salad            Red Apple</p>	<p><b>24 Tuna Pasta Salad</b>            Shredded Lettuce            Sliced Peaches            Mini Muffin</p>
<p><b>27 Stuffed Green Pepper</b>            Mashed Potatoes            Normandy Vegetable            Apricots            Wheat Bread</p>	<p><b>28 Meatloaf w/Gravy</b>            Whole Potatoes            Brussel Sprouts            Banana            Dinner Roll</p>	<p><b>29 Breaded Pork Patty</b>            Red Skin Potatoes            Peas            Applesauce            Dinner Roll</p>	<p><b>30 Ham Broccoli Casserole</b>            Baked Potato            Prince Charles Blend            Tapioca Pudding            Dinner Roll</p>	<p><b>31 Pizza</b>            Three Bean Salad            Garden Salad            Red Apple</p>

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](http://www.aaa1b.org) • 1.800.852.7795