

Please call by 11:30 AM the day before to reserve or cancel a lunch.(Home Deliveries/Senior Lunch 781-2135 or Toll Free 800-649-3641)

JCC MENU MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	** All menu items subject to change	*** Suggested voluntary donation - \$2.00				
Week 3	2 Macaroni Bean Soup BBQ Chicken Mashed Potato Spinach w/Lemon Reg/Diet Peach Halves Wheat Bread	3 Green Split Pea Soup Hamburger/Ketchup Vegetarian Beans Hamburg Bun Diced Carrots Reg/Diet Pears	4 Fish w/Oyster Crumb Topping Scandinavian Vegetables Rice Reg/Diet Applesauce Wheat Bread Milk Tartar Sauce	5 Cabbage Soup Beef Stew Egg Noodles Mixed Vegetables Reg Oatmeal Cookies Diet Fruit Wheat Bread	6 Tuna Salad Hamburger Bun Lettuce Leaf Tomato Slices Pickled Beets Reg/Diet Chocolate Pudding Milk	
Week 4	9 Chicken Florentine Turkey Chili White Rice Zucchini Reg/Diet Apricots Pumpnickel Bread	10 Yellow Pea Soup Chicken w/Wine Sce Rice Pilaf Wax Beans Reg/Diet Fruited Jell-O Rye Bread	11 Salisbury Steak Mashed Potatoes Baby Carrots Reg/Diet Peaches Rye Bread	12 Mushroom Barley Soup American Chop Suey Italian Blend Vegetable Reg/Diet Fruit Cocktail Italian Bread	13 Baked Scrod Baked Potato/Sour Cr Peas & Mushrooms Reg Pound Cake w/ Whipped Topping Diet Fruit Rye Bread Milk	
Week 1	16 Mushroom Barley Soup Meatloaf w/Gravy Mashed Potato Ratatouille Mandarin Oranges Texas Toast	17 Tomato Vegetable Soup Baked Chicken w/ Teriyaki Glaze White Rice Oriental Vegetables Reg/Diet Peach Slices Rye Bread Chow Mein Noodles	18 Baked Fish w/Lemon /Dill Sauce Potato Au Gratin Peas & Onions Reg/Diet Canned Fruit Pumpnickel Bread Tartar Sauce Milk	19 Beef Vegetable Soup Swedish Meatballs Noodles Corn Reg Cherry Crisp Diet Fruit Rye Bread	20 Stuffed Shells Tossed Salad Fresh Apple Garlic Bread Milk Salad Dressing Packet	
Week 2	23 Navy Bean Soup Stuffed Cabbage Mashed Potato Green Beans Reg/Diet Applesauce Italian Bread	24 Potato Soup Chicken Stew Mashed Potato Succotash Wheat Bread Reg Sugar Cookies Diet Fruit	25 Macaroni & Cheese Stewed Tomatoes Reg/Diet Pineapple Chunks Mini Chale Rolls Milk	26 Lentil Soup Beef Burgundy Egg Noodles Italian Mixed Vegetables Reg/Diet Fruited Jell-O Wheat Bread	27 Broiled Scrod Baked Potato/Sour Cr Broccoli Cuts Reg/Diet Canned Fruit Wheat Bread Milk	