

| Senior Meals<br>and<br>Services  | <b>Noon Meal Calendar</b><br>For Espresso Café - Cando<br><b>Call 968-3809 The Day Prior for Reservation</b> |   |  |   | <b>Month<br/>of<br/>March 2025</b> |
|--|--|---|--|---|------------------------------------|
| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |                                    |
| Garlic Toast 3<br>Lasagna<br>Corn<br>House Salad/Dressing<br>Pears   | Bun 4<br>Fish Sandwich<br>Coleslaw<br>Carrots<br>Fruit Cocktail  | 5<br><b>LS = low sodium<br/>Salad: tossed, fruit,<br/>coleslaw, potato,<br/>macaroni w/peas</b> | 6  | 7<br>Breadstick<br>Knoephla Soup<br>Chicken Ceaser Salad<br>Mandarin Oranges                  |                                    |
| Bread 10<br>Liver & Onions<br>Mashed Potatoes<br>Sliced Dilled Carrots<br>Pineapple  | Bread 11<br>Supreme Pizza Hotdish<br>Veggie Blend<br>Apple & Cream Parfait                                   | 12<br><b>Menus subject to change<br/>upon availability</b>                                      | 13   | 14<br>Breadstick<br>Breaded Eggplant<br>Angel Hair<br>Pasta/Marinara<br>Corn<br>Jello w/Fruit |                                    |
| Bread 17<br>Rueben Sandwich<br>Sauerkraut<br>French Fries<br>Apple Cobbler   | Bun 18<br>Sloppy Joes<br>Tater Tots<br>Peas & Carrots<br>Grapes  | 19  | 20   | 21<br>Bread<br>Grilled Chicken Breast<br>Potato Salad<br>Green Beans<br>Applesauce            |                                    |
| Toast 24<br>Veggie/Cheese Omelet<br>Hashbrown Patty<br>Orange Juice  | Bread 25<br>Tuna Melt Sandwich<br>Vegetable Blend<br>House Salad w/Dressing<br>Banana                        | 26  | 27   | 28<br>Tortilla<br>Chicken Fajita<br>Cilantro Rice<br>Pico de Gallo<br>Calico Fruit Pudding    |                                    |
| Bread 31<br>Ham & Bean Soup<br>Grilled Cheese<br>Veggie Sticks w/Dip<br>Peach Crisp  |  |   |  |   |                                    |
| Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update. |  |   | <b>Age 60 and over: Suggested Contribution for Congregate and Home Delivery Meal is \$5.00, Contribute as you are able.</b><br>Those under 60 or who do not complete a registration form must pay \$14.79. |   |                                    |