

HOT Lunches *Westminster Senior Center* MARCH 2023

Reservations REQUIRED: Reservation Deadlines (RSVPs) are noted for each day.

Otherwise, meals cannot be guaranteed. Call 410-386-3854 or sign up with Assistant Manager.

Advanced notice of changes will be given when possible. Lunch is served at 11:30 am.

Circle days eating; on either HOT or COLD side. Write name on menu & turn in the white copy.

Meal Price: 60 Years Old & Up = Donation Up To \$5.27, includes accompanying younger spouses;

Under 60 Years Old = Full Price \$5.27, Paid Directly To Assistant Director **NAME:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch		1 RSVP 2/24/23 GRILLED CHICKEN BREAST W/ CREAMY MUSHROOM SAUCE WILD RICE BLEND WAX & GREEN BEANS WHEAT BREAD CINNAMON APPLESauce	2 RSVP 2/24/23 SPLIT PEA SOUP SWISS CHEESE BURGER ON ROLL LETTUCE TOMATO COLE SLAW TROPICAL FRUIT	3 RSVP 2/24/23 ROASTED PORK LOIN W/ GRAVY ITALIAN TOMATO BASIL SALAD SEASONED KALE AU GRATIN POTATOES WHEAT ROLL APPLE SNACK PACK
6 RSVP 2/27/23 CHICKEN FAJITAS TORTILLA MEXICAN RICE SOUR CREAM & SALSA DICED PEACHES	7 RSVP 2/27/23 ROAST TURKEY W/ GRAVY MASHED POTATOES TROPICAL BEETS CORN & PEA SALAD TROPICAL FRUIT WHEAT BREAD	8 RSVP 2/27/23 MEAT SAUCE & PASTA PARMESAN CHEESE WHEAT BREAD CINNAMON APPLES	9 "SPECIAL" Sub Day RSVP 2/27/23 ITALIAN COLD CUT PROVOLONE CHEESE CONDIMENTS POTATO SALAD COLE SLAW FRUIT COCKTAIL	10 RSVP 2/27/23 MEATLOAF W/ MUSHROOM GRAVY GARLIC MASHED POTATOES PEAS & PEARL ONIONS CINNAMON APPLES WHEAT BREAD
13 RSVP 3/6/23 BBQ PORK LOIN BAKED BEANS COLE SLAW PINEAPPLE TIDBITS	14 RSVP 3/6/23 CHICKEN POPPYSEED CASSEROLE WHITE & WILD RICE SEASONED WAX BEANS DICED PEACHES WHEAT BREAD	15 RSVP 3/6/23 MEXICAN BLACK BEAN SOUP CLASSIC BEEF TACO SOUR CREAM & SALSA SOUTHWEST CABBAGE & CORN SALAD MEXICAN RICE	16 RSVP 3/6/23 ROAST TURKEY W/ GRAVY MASHED POTATOES DILLED CARROTS FRUIT CUP WHEAT BREAD	17 "SPECIAL" St. Patty's Day RSVP 3/6/23 CORNED BEEF RED SKINNED POTATOES CABBAGE COPPER PENNIES CORN MUFFIN CAKE
20 RSVP 3/13/23 CHICKEN COQ AU VIN BROWN RICE MIXED VEGETABLES WHEAT BREAD APPLE SNACK PACK	21 "SPECIAL" Baked Potato RSVP 3/13/23 BAKED POTATO SPINACH SALAD GRAPE TOMATOES CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE	22 RSVP 3/13/23 SALISBURY STEAK W/ GRAVY MASHED POTATOES HARVARD BEETS WHEAT BREAD AMISH NAVY BEAN SALAD	23 RSVP 3/13/23 CHICKEN PARMESAN SANDWICH MARINARA SAUCE SHREDDED CHEESE GLAZED CARROTS GREEN PEA SALAD	24 RSVP 3/13/23 PINEAPPLE HAM AU GRATIN POTATOES BRAISED CABBAGE GREEK SALAD WITH FETA CHEESE
27 RSVP 3/20/23 ROASTED CHICKEN LEG MAC & CHEESE SEASONED GREEN BEANS CORN MUFFIN CINNAMON APPLES	28 RSVP 3/20/23 TURKEY BURGER W/ CHEESE ROLL LETTUCE & TOMATO CUCUMBER & ONION SALAD	29 RSVP 3/20/23 POT ROAST W/ BURGUNDY GRAVY SEASONED GREENS WHEAT BREAD MANDARIN ORANGES	30 RSVP 3/20/23 HOT DOG ROLL BAKED BEANS COLE SLAW DICED PEARS	31 RSVP 3/20/23 TURKEY ALA KING DILLED CARROTS BROWN RICE BROCCOLI SLAW WHEAT BREAD

COLD Lunches *Westminster Senior Center* **MARCH 2023**

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**Meal Price: 60 Years Old & Up = Donation Up To \$5.27, includes accompanying younger spouses;
Under 60 Years Old = Full Price \$5.27, Paid Directly To Assistant Director**

Prefer a COLD lunch instead? Circle day of the Cold lunch. Write "COLD" on the HOT side of the menu, on the day of the substitution.

Write name on the menu & turn in white copy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 RSVP 2/24/23 CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCOLATE MILK / JUICE	2 RSVP 2/24/23 HAM AND CHEESE ON HOAGIE ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	3 RSVP 2/24/23 TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ. CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE
6 RSVP 2/27/23 BOLOGNA, SALAMI & CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	7 RSVP 2/27/23 TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	8 RSVP 2/27/23 COLD FRIED CHICKEN PATTY ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE	9 RSVP 2/27/23 EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	10 RSVP 2/27/23 TURKEY & CHEESE ON THIN BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE
13 RSVP 3/6/23 CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	14 RSVP 3/6/23 COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	15 RSVP 3/6/23 CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCOLATE MILK / JUICE	16 RSVP 3/6/23 HAM AND CHEESE ON HOAGIE ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	17 RSVP 3/6/23 TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ. CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE
20 RSVP 3/13/23 BOLOGNA, SALAMI & CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	21 RSVP 3/13/23 TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	22 RSVP 3/13/23 COLD FRIED CHICKEN PATTY ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE	23 RSVP 3/13/23 EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	24 RSVP 3/13/23 TURKEY & CHEESE ON THIN BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE
27 RSVP 3/20/23 CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	28 RSVP 3/20/23 COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	29 RSVP 3/20/23 CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCOLATE MILK / JUICE	30 RSVP 3/20/23 HAM AND CHEESE ON HOAGIE ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	31 RSVP 3/20/23 TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ. CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE