

Center for Active Living - March 2020 - Lunch Menu

Donation \$4.00 per meal per person. Register at 207-363-1036 or in person by 4pm the day prior to the meal you would like to enjoy with us. St. Patrick's Day Lunch requires registration with the office by Friday, March 13, is priced at \$6.00, and has a limited number of to-go meals. For all lunches, please be at the Center by 11:30am on the day you are eating so that you can pay, find a seat, and be ready for lunch at noon. Also, consider signing up for lunches on a monthly or weekly basis (choose the dates you want and sign-up all at once).

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak with pepper & onion, Mashed Potato, Vegetable	3 Italian Herbed Chicken Breast, Penne Pasta Primavera Alfredo	4 Beef & Broccoli Stir Fry over Rice, Vegetable	5 Homemade Soup, Italian Sub Sandwich, Chips, Pickle	6 Haddock Fish Chowder, Seafood Salad Roll, Cole Slaw, Chips
9 "Cheese Steak" Stuffed Pepper, Roasted Potato, Vegetable	10 CHOICE DAY Homemade Soup, Spinach/Broccoli Quiche <u>or</u> Ham/Bacon Quiche, Hash Brown Patty	11 Pork Chops with Peppers & Onions, Mashed Potato, Vegetable	12 Everyone's favorite Meatloaf, Mashed Potato, Vegetable	13 CHOICE DAY Marinated Jumbo Shrimp <u>or</u> Plain Baked Haddock, Rice Pilaf, Vegetable
16 Homemade Soup, Melty Shaved Ham Sub with Sliced Tomato, Chips, Pickle	17 ST. PATRICK'S DAY Corned Beef and Cabbage Dinner <i>SIGN-UP BY Friday March 13 or when filled</i>	18 Garden Salad, Chicken Cacciatore over Spaghetti, Garlic Bread	19 Turkey a la King over Baked Potato, Vegetable	20 Baked Haddock with Seafood Crumb Topping, Au Gratin Potato, Vegetable
23 Turkey Divan (Hot Turkey Rolled around Broccoli with Cheese Sauce) Rice Pilaf, Vegetable	24 Homemade Soup, Grilled Reuben Sandwich, Cole Slaw, Chips	25 Yankee Pot Roast with Vegetable Garnish, Potato, Vegetable	26 Garden Salad, Lasagna Rollups with Red Sauce, Meatball, Sausage	27 Fish-N-Chips "Oven Fried Haddock," French Fries, Cole Slaw
30 CHOICE DAY Grilled Liver & Onions with Bacon <u>or</u> Stuffed Cabbage, Mashed Potato, Vegetable	31 BirthDay Day Greek Salad, "Greek Meatballs" with Tzatziki Dipping Sauce over Rice		Spring Is Coming	