

March 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Cacciatore Wild Rice Cauliflower Vanilla Pudding Remember to VOTE at Essex Savings Bank!	2 Fish & Chips Mixed Vegetables Banana 9 am Woodcarving Class	3 Eggplant Parmesan Tossed Salad Pears 9 am Chess - all welcome Weekly class	4 Pot Roast Roasted Potatoes Whole Baby Carrots Jell-o 8:45 am Gentle Yoga Weekly Class
7 Chicken Teriyaki Brown Rice Oriental Vegetables Mandarin Oranges	8 Spaghetti & Meatballs Italian Blend Vegetables Garlic Bread Pudding 12:35 Osteoprosis	9 Baked Stuffed Fish Sweet Poato Green Beans Apple 12:35 Living with Arthritis 1 pm Book Chats "The Help"- Kathryn Stockett	10 Meatloaf Roasted Potato Winter Blend Lemon Meringue Pie Reservations due by 11 am for St. Patrick luncheon!	11 Stuffed Shells w/sauce Tossed Salad Peaches Daylight Savings Time Move Clocks Forward on Sunday, March 13!
14 Salisbury Steak Mashed Potato Zucchini Chocolate Pudding <i>Don't forget to vote for Meals on Wheels at Essex Savings Bank!</i>	15 Chicken Dijon Wild Rice Beets Crushed Pineapple 12:45 Slideshow of upcoming trips to exciting destinations!	16 Stuffed Pepper Roasted Potato Broccoli Pound Cake w/topping 9 am Woodcarving Class	17 <u>St. Patrick Luncheon</u> Corn Beef & Cabbage Boiled Potatoes Carrots Lime Sherbet Must make your reservation by 11 am on March 10!!!!	18 Tilapia Mashed Potato Scandinavian Blend Veg. Orange 12:45 Beware of Scams
21 BBQ Chicken Rice Pilaf Carrot Coins Sherbet	22 Beef Stew Biscuit Fruit Cocktail	23 Turkey Sandwich Cole Slaw Cookies	24 Roast Pork w/gravy Sweet Potato Italian Green Beans Applesauce 5:30 pm Colon Health	25 Manicotti w/sauce Tossed Salad Frosted Cake
28 Estuary Burger on a roll 3-Bean Salad Citrus Fruit	29 Chicken Florentine Wild Rice Broccoli Ice Cream	30 Swedish Meatballs Egg noodles Green Beans Ice Cream 12:45 Peaceful Images (pg 4)	31 Turkey Pot Pie Biscuit Lemon Pudding	