

MARCH 2013

Estuary Café Sites (Daily, M-F): CLINTON – 54 East Main Street, OLD LYME – 26 Town Woods Road and OLD SAYBROOK – 220 Main Street,
WESTBROOK (Thursdays): – 866 Boston Post Road

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is served at Noon. Reservations must be made <u>before 11 am, the day before.</u> 860-388-1611	Lunch Cost: Age 60+, \$3.00 suggested donation. Under Age 60, \$11.25	Meals are support by <u>Senior Resources Agency on Aging</u> with Title III funds available under the Older Americans		¹ TUNA SALAD SANDWICH ON WHEAT LETTUCE & TOMATO CLEMENTINE
⁴ ESTUARY BURGER ON WHEAT ROLL THREE BEAN SALAD ICE CREAM	⁵ CHICKEN CACCIATORE W/ ONION AND PEPPER RICE PILAF, BROCCOLI PEARS	⁶ MANICOTTI W/ TOMATO SAUCE TOSSED SALAD/DRESSING VANILLA PUDDING	⁷ COWBOY CASSEROLE BISCUIT WHOLE BABY CARROTS ASSORTED PIES	⁸ TILAPIA MASHED POTATO STEWED TOMATOES APPLE
¹¹ BBQ CHICKEN WILD RICE MIXED VEGETABLES PEACHES	¹² SWEDISH MEATBALLS MASHED POTATO GREEN BEANS JELL-O	¹³ CHICKEN SALAD ON WHOLE WHEAT THREE BEAN SALAD MANDARIN ORANGES	¹⁴ CORNED BEEF& CABBAGE BOILED POTATO CARROTS LIME SHERBET	¹⁵ MACARONI & CHEESE BROCCOLI CHOCOLATE PUDDING
¹⁸ STUFFED CABBAGE MASHED POTATO CAULIFLOWER CRUSHED PINEAPPLE	¹⁹ CHICKEN FLORENTINE BROWN RICE PEAS & CARROTS BUTTERSCOTCH PUDDING	²⁰ CHICKEN SAUSAGE W/APPLES MASHED POTATO CARROT COINS COOKIES	²¹ SPINACH STRATA TOSSED SALAD/DRESSING CITRUS FRUIT	²² BAKED FISH OF THE DAY SWEET POTATO ZUCCHINI BANANA
²⁵ CHICKEN TERIAYKI RICE PILAF ORIENTAL BLEND FRUIT COCKTAIL	²⁶ STUFFED SHELLS BROCCOLI SHERBET	²⁷ MEATLOAF W/ GRAVY MASHED POTATO GREEN BEANS CAKE W/ FROSTING	²⁸ EGGPLANT PARMESAN TOSSED SALAD/DRESSING APPLESAUCE	²⁹ GOOD FRIDAY -CLOSED-