

MARCH 2014

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 3 STUFFED CABBAGE MASHED POTATO MIXED VEG ICE CREAM | 4 BAKED FISH OF THE DAY SWEET POTATO SPINACH ORANGE | 5 CHICKEN CACCIATORE W/ONIONS & PEPPERS WILD RICE BROCCOLI JELL-O | 6 ITALIAN SAUSAGE W/ APPLE SLICES MASHED POTATO GREEN BEANS CITRUS FRUIT | 7 MAC AND CHEESE ZUCCHINI COOKIES |
| 10 STUFFED SHELLS W/SAUCE ITALIAN BLEND APPLE SAUCE | 11 SWEDISH MEATBALLS NOODLES BRUSSEL SPROUTS VANILLA PUDDING | 12 BBQ CHICKEN RICE PILAF ZUCCHINI MANDARIN ORANGES | 13 ST. PADDY'S DINNER CORNED BEEF & CABBAGE BOILED POTATOES LIME SHERBET | 14 TILAPIA SWEET POTATO STEWED TOMATOS BANANA |
| 17 SALISBURY STEAK W/GRAVY MASHED POTATO WHOLE BABY CARROTS SHERBET | 18 CHICKEN PARM ZITI BROCCOLI PEARS | 19 ROAST PORK W/GRAVY ROASTED POTATOES GREEN BEANS BROWNIES | 20 SPAGHETTI & MEATBALLS PEAS ASSORTED PIE | 21 CRABMEAT SALAD ON WHEAT BREAD LETTUCE & TOMATO APPLE |
| 24 FISH AND CHIPS PEAS & CARROTS ORANGE | 25 SLOPPY JOE ON BUN CAULIFLOWER CHOC PUDDING | 26 HAPPY BIRTHDAY CHICKEN FLORENTINE BROWN RICE WINTER BLEND B'DAY CAKE | 27 BEEF STEW W/ POTATO AND VEG PEACHES | 28 MANICOTTI W/SAUCE ITAL. GREEN BEANS COOKIES |
| 31 CHICKEN TERIYAKI RICE PILAF ORIENTAL BLEND FRUIT COCKTAIL | | | | |

(Menu subject to change without notice)

CHESTER – 29 West Main Street CLINTON – 54 East Main Street OLD SAYBROOK – 220 Main Street OLD LYME – 26 Town Woods Road
 WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, THURSDAYS ONLY
 RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.
 THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD

8 oz. – 1% milk

Multi-grain breads are served with each meal unless noted above

Condiments are served as posted