

# Daniel Cantor Senior Center & Adult Day Care

## Menu – March 2023

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|   |  | 1  | 2   | 3   |
|    | <b>HAPPY</b><br><b>St. Patrick's Day!</b><br><b>3/17</b>   | 3 oz. Beef Mongolian<br>½ c. Asian Fried Rice<br>½ c. Asian Vegetables<br>2 oz. Dinner Roll/margarine<br>½ c. Fresh Fruit<br>1 Package Powdered Milk                                 | Grilled Chicken Caesar Wrap (3oz Grilled Chicken on WG Tortilla)<br>1 cup Romaine Lettuce (in wrap)<br>½ cup Cole Slaw<br>½ c. chic-pea salad<br>½ cup Peaches<br>1 Package of Powdered Milk            | 3 oz Chicken Cacciatore<br>½ c Tomato Sauce/Bell Peppers/Onions<br>½ c Rice<br>2 oz. Dinner Roll /Margarine<br>½ c. Apple Sauce<br>1 Package of Powdered Milk |
| 6   | 7  | 8  | 9   | 10  |
| 3oz Salisbury Steak<br>½ c Mashed Potatoes<br>½ c Peas & Carrots<br>2 oz WG Dinner Roll w/Margarine<br>½ c. Mixed Fruit<br>1 Package Powdered Milk                        | ¾ c. Chicken Salad<br>½ c. Potato Salad<br>½ c. Tomato Salad<br>2 oz. Dinner Roll/Margarine<br>½ c. Mixed Fruit<br>1 Package Powdered Milk   | 3 oz. Mexican Chicken Strips<br>½ c. Rice & Beans<br>½ c. Grilled Onions & Peppers<br>1 Tortilla<br>½ c. Seasonal Fruit<br>1 Package of Powdered Milk                                | 3 oz. Sliced Turkey sandwich w/ 2SL WG Bread & Lettuce/Tomato<br>1 packet of Mustard<br>½ c. Pasta Salad<br>½ c. Green Bean Salad<br>½ cup Peaches<br>1 Package of Powdered Milk                        | 3 oz. Chicken Schnitzel<br>½ c. Mashed sweet potato<br>½ c. Carrots<br>2 oz. WG Roll w/ margarine<br>½ c. Peaches<br>1 Package of Powdered Milk               |
| 13  | 14   | 15   | 16  | 17   |
| 3 oz. Hamburger w/ Lettuce & Tomato on WG Bun<br>½ c. Potato Tots<br>½ c. Grilled Vegetables<br>½ c. Mixed Fruit<br>1 pkt Ketchup, Mustard<br>1 Package Powdered Milk     | Nicoise Salad (4 oz Tuna, red potato & Green Beans)<br>½ c. Tomatoes & Olives<br>1 packet Italian dressing<br>½ cup Peaches<br>2 oz Dinner roll w/ margarine<br>1 Package of Powdered Milk | 8 oz. Eggplant Parmesan (4oz Eggplant, 2 oz. mozzarella, 2 oz Marinara)<br>½ c. Spaghetti w/ Garlic Sauce<br>½ c. Mixed Vegetables<br>½ c. Seasonal Fruit<br>1 Package Powdered Milk | Cobb Salad (3 oz Chicken on Bed of Greens w/ Boiled Egg)<br>½ cup Chickpea salad (side)<br>1 Packet of Balsamic Dressing<br>2 oz. Dinner roll w/ margarine<br>½ cup Pears<br>1 Package of Powdered Milk | 3 oz Chicken Francois<br>½ c. Noodle Kugel<br>½ c. Squash Medley<br>2 oz. Challah Roll /Margarine<br>½ c. Apple Sauce<br>1 Package Powdered Milk              |
| 20  | 21   | 22   | 23  | 24  |
| 2 (2 oz) Kosher hot dog<br>½ c. Sauerkraut<br>½ c. Baked Beans<br>1 WG Hot Dog Bun<br>½ c Pineapple<br>1 packet of Ketchup & Mustard<br>1 Package of Powdered Milk        | 4 oz. Tuna Salad<br>½ c. Macaroni Salad<br>½ c. Tomato/Cucumber/Onion<br>2 sl of WG Bread w/Margarine<br>½ c. Canned Fruit<br>1 Package Powdered Milk                                      | 3 oz. Sweet and Sour Meatballs w/ sauce<br>½ c. Noodles<br>½ c. Green Beans<br>2 oz. Dinner Roll/ Marg<br>½ cup Peaches<br>1 Package Powdered Milk                                   | Mediterranean Chicken Veggie Wrap (3oz Chicken w/ 2 Tbs Hummus on 12" WG Tortilla)<br>1 ½ cup Tomato, Onion, Cucumber<br>½ c. Orzo salad<br>½ Fresh Seasonal Fruit<br>1 Package of Powdered Milk        | 3 oz. Lemon Baked Chicken<br>½ c. rice<br>½ c. Carrots<br>2 oz. WG Roll w/ margarine<br>½ c. Peaches<br>1 Package of Powdered Milk                            |
| 27  | 28   | 29   | 30  | 31  |
| Spaghetti & (4) Meatballs<br>½ c. Marinara sauce<br>½ c. Garden Salad w/ dressing<br>2 oz. Dinner roll w/ margarine<br>½ c. Seasonal Fruit Cup<br>1 Package Powdered Milk | Krab Salad Roll<br>(4 oz Krab Salad in WG Bread Roll)<br>½ cup Green, Red, Yellow Peppers (in salad)<br>½ c Tomato Salad<br>½ cup Peaches<br>1 Package of Powdered Milk                    | 3 oz. Lemon Baked Fish<br>½ c. Mashed Potato<br>½ c. Broccoli floret<br>½ c. Pineapple<br>2 oz. WG Roll w/ margarine<br>1 package Powdered Milk                                      | 4 oz Egg salad<br>½ cup tomato, cucumber, onion salad<br>½ c. carrot Raisin salad<br>2 slices whole grain bread<br>½ c Fresh Seasonal Fruit<br>1 package Powdered Milk                                  | 3 oz. BBQ Chicken<br>½ c Roasted Potatoes<br>½ Green beans<br>1 Board Matza<br><b>1 slice apple cake</b><br>1 Package of Powdered Milk                        |

APPROVED BY AND SIGNED BY: **ALEX FRIZZELLE** CATERER: **STERLING KOSHER** DATE: **2/1/23** The lunch program is sponsored through a partnership with the David Posnack JCC, The State of Florida Department of Elder Affairs, and The Area Agency on Aging of Broward County.

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