






**ORANGE COUNTY OFFICE FOR THE AGING SENIOR DINING PROGRAM**  
**HOME DELIVERED MEALS FOR**  
 **MARCH 2020**   
**FOR MEAL CANCELLATIONS PLEASE CALL 845-615-3730**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Italian Meatballs Whole Wheat Pasta Italian Vegetables Diced Pears	<b>3</b> Jambalaya Green Beans & Carrots Yogurt	<b>4</b> Lentil Soup with Ham Winter Blend Veggies Applesauce	<b>5</b> Gourmet Chicken Salad Roasted Vegetables Kellogg's Breakfast Bar	<b>6</b> Impossible Quiche Hash Brown Prince William Vegetables Nutrigrain Bar
<b>9</b> Chicken Cacciatore Steam Brown Rice Italian Green Beans with Tomato Sauce Pear Cup	<b>10</b> Hungarian Goulash Egg Noodles Mixed Vegetables Jello	<b>11</b> Artichoke Chicken Rotini Pasta Green Peas with Pimentos Pineapple Tidbits	<b>12</b> ST. PATRICK'S DAY CELEBRATION Corned Beef & Cabbage Steamed Carrots Boiled Potatoes Diced Peaches	<b>13</b> Baked Breaded Fish Baked Sweet Potato Italian Blend Vegetables Yogurt
<b>16</b> Baked Chicken Parmigiana Whole Wheat Pasta Green Beans with Tomato Teddy Grahams	<b>17</b> Baked Pork Loin Mashed Potatoes Winter Blend Vegetables Applesauce	<b>18</b> Chicken Tetrazzini Steamed Carrots Mandarin Oranges	<b>19</b> Ham and Potato Stew Honey Glazed Brussel Sprouts Vanilla Pudding	<b>20</b> Eggplant Parmesan Broccoli Mixed Fruit
<b>23</b> Macaroni 'N Cheese Roasted Plum Tomato Brussel Sprouts Diced Peach Cup	<b>24</b> Turkey and Biscuits Zucchini and Carrots Nutrigrain Bar	<b>25</b> Sweet and Sour Chicken White Rice with Veggies Green Beans with Mushroom and Garlic Diced Pineapples	<b>26</b> Beef Barley Soup Collard Greens with Bacon and Onion Pound Cake	<b>27</b> Fish Picatta Bowtie Pasta Garden Vegetables Lorna Doones
<b>30</b> Cranberry Glazed Ham Roasted Potato Green Peas with Rosemary Fig Newtons	<b>31</b> Hawaiian Chicken with Mango Sauce Mandarin Rice Mix Vegetables Diced Pears	  		

**DID YOU KNOW?** Medicare's Preventive Services include:  **MEDICARE**  
 \*Annual Wellness Visit \*Bone Mass Measurements \*Alcohol Misuse Counseling \*Flu/Pneumonia Vaccine  
**Screenings for:** \*Depression \*Lung Cancer \*Glaucoma \*Prostate Cancer \*Diabetes \*Cervical Cancer

To learn more about Medicare's Preventive Services,  
 please call:  
 Orange County's Office for the Aging HIICAP  
 (845) 615-3715

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**Free, Reliable Tax Preparation! Call 2-1-1 or (1-800) 899-1479 for Appointments**

Daily: Bread, Margarine & Low Fat Milk      \*\*Food Cooked with No Salt\*\*      Diabetic Substitute Available      \*Menu Subject to Change\*