



Area Agency on Aging
of Broward County

MENU FOR THE MONTH

Elder Affairs
FLORIDA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 3	March 4	March 5	March 6	March 7
3 oz Chicken Shawarma ½ c Mediterranean Vegetables ½ c Couscous w/ Parsley 1 WG Pita bread 6" ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Sliced Turkey Breast w/ 1 oz Poultry Gravy ½ c Roasted Red Potatoes ½ c Herbed Green Beans 2 SL WG Bread w/Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice	4 oz Sloppy Joe ½ c Roasted Sweet Potatoes ½ c Herbed Green Beans 1 WG Burger Bun ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Roasted Chicken Breast w/ 1 oz Country Gravy ½ c Green Beans w/ Roasted Red Peppers ½ c Roasted Red Potatoes 2 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	4 oz Chicken Empanada ½ c Corn w/ Roasted Onions & Peppers ½ c Black Beans 2 SL WG Bread w/ Margarine Cup 1 Pk Salsa 2 oz ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice
March 10	March 11	March 12	March 13	March 14
3 oz Baked Chicken Parmigiana ½c Capri Vegetables ½c WG Penne w/ marinara sauce ½c Fruit Cup 1 SL WG Bread w/ Margarine Cup 8 oz LF 1% Milk, 4oz Blended Juice	3 oz BBQ Chicken Thigh ½ c Collard Greens ½ c Garlic Roasted Potatoes 2 SL WG Bread w/Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice	4 oz Beef Hot Dog ½ c Baked Beans ½ c Corn, 1, WG Hot Dog Roll 1 Pkt Ketchup, Mustard, and Relish ½ c Fruit Cup 8oz 1% LF Milk, 4 oz Blended Juice	3 oz Beef Bourguignon w/ Brown Sauce ½ c. Red Potato Wedge ½ c. Green Peas w/ Mushrooms & Carrots 2 SL WG Bread w/ Margarine Cup ½ c. Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Tuscan Chicken w/ Florentine Sauce ½ c California Blend Vegetables ½ c Roasted Sweet Potatoes 2 SL WG Bread w/ Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice
March 17	March 18	March 19	March 20	March 21
(3) 1 oz Meatballs w/ Brown Gravy ½ c Brown Rice Pilaf ½c Mixed Vegetables 1 SL WG Bread w/Margarine cup ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz. Blended Juice	4 oz Breaded Fish Filet ½ c. Tomatoes & Okra ½ c. Polenta w/ Cheese 2 SL WG Bread w/Margarine Cup 1 Pk Tartar Sauce ½ c Fresh Fruit 8 oz 1% LF Milk, 4oz Blended Juice	3 oz. Lemon Baked Chicken ½ c Roasted Root Vegetables ½ c Carrots 2 SL WG Bread w/ Margarine Cup ½ c. Fruit Cup 8 oz 1% LF Milk, 4 oz. Blended Juice	3 oz Beef Barbacoa ½ c Fajita Peppers ½ c Yellow Rice 1 WG Tortilla 6" ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Sesame Chicken ½ c Lo Mein w/ Mushrooms and Shredded Carrots ½ c. Asian Style Vegetables 2 SL WG Bread w/ Margarine Cup ½ c. Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice
March 24	March 25	March 26	March 27	March 28
3 oz BBQ Chicken Thigh ½ c Collard Greens ½ c Roasted Red Potatoes 2 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Salisbury Steak w/ Brown Gravy ½ c Garlic Mashed Potatoes ½ c Peas & Carrots 2 SL WG Bread w/Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Creamy Garlic Chicken w/mushrooms ½ c Brown Rice Pilaf ½ c Mixed Vegetables 1 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	4oz Pasta Bolognese (½ c Tri-Color Rotini with Bolognese sauce) ½c Roasted Root Blend 1c Italian Blend Vegetables 2 SL WG Bread w/ Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Mojo Chicken Chop ½ c Corn w/ Peppers & Onions ½ c Yellow Rice w/ Peas & Carrots 1 WG Tortilla 6" ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice
March 31	April 1	April 2	April 3	April 4
3 oz Chicken Shawarma ½ c Mediterranean Vegetables ½ c Couscous w/ Parsley 1 WG Pita bread 6" ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Sliced Turkey Breast w/ 1 oz Poultry Gravy ½ c Roasted Red Potatoes ½ c Herbed Green Beans 2 SL WG Bread w/Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice	4 oz Sloppy Joe ½ c Roasted Sweet Potatoes ½ c Herbed Green Beans 1 WG Burger Bun ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Roasted Chicken Breast w/ 1 oz Country Gravy ½ c Green Beans w/ Roasted Red Peppers ½ c Roasted Red Potatoes 2 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	4 oz Chicken Empanada ½ c Corn w/ Roasted Onions & Peppers ½ c Black Beans 2 SL WG Bread w/ Margarine Cup 1 Pk Salsa 2 oz ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice
Caterer: SGF Foods Date 11/20/2024	Approved by: Alex Frizzelle <i>Alex Frizzelle</i>	Approved: <i>Quinn Sauer</i>	Ginnifer Barber RD, LDN 11/26/24	