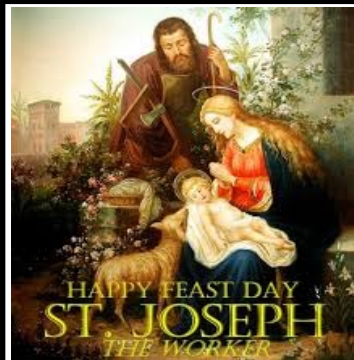


MARCH NUTRITION



The Amherst Center for Senior Services and Amherst Generations Foundation present:

The Feast of St. Joseph, Friday, March 20, 12:00

Menu: Soup, pasta, fish, bread, salad, pizza, omelets, and cannoli's

Advance reservations are required by calling 636-3050

Space is limited.

We will be accepting monetary donations for the Deborah Zimmerman Scholarship Fund. Deborah was a social case worker who worked at the Center when she lost her battle with Breast Cancer.



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 Sloppy Joe w/ roll, tator tots, carrots, apricots	3 Chili baked potato w/ cheese, grape juice, broccoli, rye bread, chocolate cookies	4 Spaghetti & meatballs, blended juice, carrots, dinner roll, lemon ice	5 Pork chop w/gravy, au gratin potatoes, mixed vegetables, dinner roll, cake	6 Omelet w/cheese sauce, hash brown, stewed tomatoes, biscuit, applesauce
9 Turkey ala king, mixed vegetables, yellow squash, biscuit, gingerbread cookies	10 Salisbury steak, mashed potatoes, green beans, white bread, diced pears	11 Chicken pot pie, peas & onions, carrots, cookies	12 Hamburger w/roll, potato wedges, broccoli, applesauce	13 Breaded fish, zucchini & tomatoes, coleslaw, rice pilaf, cake
16 Sliced ham, scalloped potatoes, peas, rye bread, cake	17 ST. PATRICK'S Corned beef, boiled potatoes, cabbage & carrots, rye bread, ice cream	18 Chicken, garden rice, mixed vegetables, dinner roll, mandarin oranges	19 Hot dog w roll, potato wedges, green beans, tropical fruit	20 ST. JOSEPH'S See menu above
23 Polish sausage, lazy pierogi, peas, roll, pineapple chunks	24 Pork chop w/gravy, sweet potatoes, mixed vegetables, 12 grain bread, cake	25 Sloppy Joes w/roll, tator tots, carrots, apricots	26 Beef stew, mashed potatoes, stew vegetables, biscuit, cookie	27 Breaded fish, potato wedges, broccoli, roll, tropical fruit
30 Macaroni & cheese, stewed tomatoes, mixed vegetables, 12 grain bread, orange	31 Chicken Caesar salad, cranberry juice, bread stick, pie			There is no dinner during the month of March

This menu is subject to change

LUNCH is served Mon.-Fri, from 12:00-1:00

Please make reservations 24 hours in advance. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

SNAP may provide you a monthly supplement for purchasing nutritious food. If you qualify, you'll get a debit card to use for groceries. Call our social work department at 636-3050 for questions regarding your qualifications and any assistance you may need with the application process.



FOR MEAL RESERVATIONS OR CANCELLATIONS, PLEASE CALL 636-3050.