




♣ SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - MARCH 2024 ♣

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS	TO RESERVE A LUNCH CALL 708-603-2269 BEFORE 4 PM ON THE PREVIOUS DAY LEAVE A MESSAGE CALLS WILL NOT BE RETURNED			1-Mar PEPPER & EGG SANDWICH - 3 OZ FRIES - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-Mar TORTALINI W/ CREAM SAUCE, MUSHROOMS & PEAS - 3 OZ BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	5-Mar CHILI - 8 OZ W/ CHEESE, ONIONS, SOUR CREAM CRACKERS FRUIT - 1/2 C MILK - 8 OZ.	6-Mar TURKEY CLUB - 3 OZ W/ BACON, LETTUCE, TOMATO) - 3 OZ CHIPS FRUIT - 1/2 C MILK - 8 OZ.	7-Mar CHICKEN BREAST - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT CUP - 1/2 C MILK - 8 OZ.	8-Mar TUNA SALAD - 3 OZ PASTA SALAD- 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C Milk - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11-Mar PEPPERONI PIZZA - 3 OZ W/EXTRA THIN CRUST BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	12-Mar LASAGNA - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	13-Mar CHOP SALAD W/CHICKEN - 3 OZ, PASTA, BACON, ONION, OLIVES, EGG, TOMATOES, & BLUE CHEESE - 2 OZ EA FRUIT - 1/2C MILK - 8 OZ. BREAD- 4 OZ.	14-Mar CORNED BEEF AND CABBAGE - 3 OZ W/VEGGI- 1/2 C BREAD - 4 OZ. FRUIT - ½ CUP MILK - 8 OZ. 	15-Mar BREADED COD FISH SANDWICH - 3OZ FRIES - 1/2 C FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18-Mar CHEESEBURGER ON A BUN - 3 OZ FRIES - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	19-Mar SPAGHETTI & MEATBALLS - 3 OZ VEGGI - 1/2 C FRUIT - 1/2C BREAD - 4 OZ. MILK - 8 OZ.	20-Mar RIGATONI W/ VODKA SAUCE - 1/2 C & BROCCOLI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	21-Mar CHICKEN PARMESAN - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	22-Mar PEPPER & EGG SANDWICH- 3 OZ BREAD - 4 OZ. FRUIT - 1/2 C Milk - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25-Mar SAUSAGE PIZZA - 3 OZ W/EXTRA THIN CRUST BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	26-Mar BBQ BEEF - 3 OZ FRIES - 1/2 C BREAD - 4 OZ. FRUIT ½ CUP MILK - 8 OZ.	27-Mar EGGPLANT PARMESAN - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	28-Mar HAM - 3 OZ ROASTED POTATOES - 1/2 C VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	29-Mar WHITE FISH - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ. 