




☘ 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	5-Mar	6-Mar	7-Mar	8-Mar
TORTALINI W/ CREAM SAUCE, MUSHROOMS & PEAS - 3 OZ BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	CHILI - 8 OZ W/ CHEESE, ONIONS, SOUR CREAM CRACKERS FRUIT - 1/2 C MILK - 8 OZ.	TURKEY CLUB -3 OZ W/ BACON, LETTUCE, TOMATO) - 3 OZ CHIPS FRUIT - 1/2 C MILK - 8 OZ.	CHICKEN BREAST - 3 OZ VEGGI -1/2 C BREAD - 4 OZ. FRUIT CUP - 1/2 C MILK - 8 OZ.	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	12-Mar	13-Mar	14-Mar	15-Mar
PEPPERONI PIZZA - 3 OZ W/EXTRA THIN CRUST BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	LASAGNA - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	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.	CORNEB BEEF AND CABBAGE - 3 OZ W/VEGGI- 1/2 C BREAD - 4 OZ. FRUIT - ½ CUP MILK - 8 OZ. 	BREADED COD FISH SANDWICH - 3OZ FRIES - 1/2 C FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
CHEESEBURGER ON A BUN - 3 OZ FRIES - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	SPAGHETTI & MEATBALLS - 3 OZ VEGGI - 1/2 C FRUIT - 1/2C BREAD - 4 OZ. MILK - 8 OZ.	RIGATONI W/ VODKA SAUCE - 1/2 C & BROCCOLI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	CHICKEN PARMESAN - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	PEPPER & EGG SANDWICH- 3 OZ BREAD - 4 OZ. FRUIT - 1/2 C Milk - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
SUAUGE PIZZA - 3 OZ W/EXTRA THIN CRUST BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	BBQ BEEF - 3 OZ FRIES - 1/2 C BREAD - 4 OZ. FRUIT ½ CUP MILK - 8 OZ.	EGGPLANT PARMESAN - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	HAM - 3 OZ ROASTED POTATOES - 1/2 C VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	WHITE FISH - 3 OZ VEGGI - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ. 