

March Lunch Menu

ALBANY SENIOR CENTER

Lunch Service is on Monday - Friday from 12 - 1pm. Food service stops at 12:30pm.

Reservations are required and are accepted on Fridays.

Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.

All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a Higher Sodium Meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+ Higher Sodium Meal	4 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread & Butter Peaches	5 <i>Soup is a large 12 ounces</i> Thai Fish Curry Soup+ Whole Wheat Bread & Butter Green Salad with Shredded Carrots* and Vinaigrette Mixed Fruit Cup (pears, peaches, cherries)	6 Spinach & Mushroom Lasagna* (Vegetarian) Three Bean Salad* Caesar Salad (Romaine+)- no crouton Vanilla Yogurt and Berry parfait+	7 Turkey and Cheese Croissant Sandwich <i>Condiment packets available</i> Cucumber Salad Potato Salad+ Fresh Seasonal Pear
10 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed Rice Blend (Half Brown) Fresh Cutie Citrus+ Higher Sodium Meal	11 Beef and Vegetable Stew* Brown Rice Zucchini Tangerine+ French Roll & Butter	12 <i>Soup is a large 12 ounces</i> Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+* Whole Wheat Crackers Pineapple Chunks+	13 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad* Whole Wheat Bread & Butter Applesauce	14 Tex-Mex Chicken Taco Salad (chicken, romaine lettuce mix, corn, black beans, bell pepper) +* Tortilla Chips Vegetable Tortilla Soup (8 oz) Banana
17 Happy St. Patrick's Day! Corned Beef Braised Green Cabbage+* Braised Carrots* Whole Wheat Bread Kiwi+ Higher Sodium Meal	18 Baked Salmon in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables+* (broccoli carrots & cauliflower) Banana	19 <i>Soup is a large 12 ounces</i> Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine) w/ cilantro lime dressing+ Pineapple Chunks+	20 Indian Vegetable Curry+ with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicy Spinach* Fresh Citrus Cutie+	21 Turkey & Cranberry Pinwheel Sandwich Garden Salad (Romaine)+ with Vinaigrette Sun chips Fresh Apple or Pear
24 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas, corn) +* Mixed Green Side salad with Cilantro Lime Dressing Steamed Rice Blend Applesauce Higher Sodium Meal	25 Pulled Pork Sandwich on Whole Wheat Bun Southern Green Beans Pineapple Coleslaw+* Warm Peach Crisp	26 <i>Soup is a large 12 ounces</i> Chicken & Tortellini Soup Green Salad (Romaine)+ with Dressing Whole Wheat Crackers Seasonal Citrus Cutie+	27 Ratatouille White Bean Stew (Vegetarian - zucchini, red pepper, eggplant, white beans) with Cheesy Mashed Potatoes Whole Wheat Roll Spring Greens with Dressing Pineapple and Vanilla Greek Yogurt Parfait+	28 Tuna Salad Sandwich on Whole Wheat Lettuce Leaf & Tomato <i>Condiment packets available</i> Chopped Vegetable Salad (cucumber, bell pepper, onion, tomato) + Ambrosia
31 Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+ Steamed Brown Rice w/ Green Onions Banana Higher Sodium Meal	Menu is subject to change without notice.	+denotes vitamin C-rich foods * denotes vitamin A-rich foods All meals include 1% milk.	Thursday Lunches Schedule Change: 11:45am-12:45pm Stop serving after 12:15pm Due to AARP Tax Season till April 10th	