



Suncook Senior Center 603-485-4254

March Menu 2024

Senior Community Meals

Grab & Go Menu

Weekly Take-Away Offerings:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage w/ Peppers & Onion Stuffed Pasta w/ Marinara Chicken Strips w Dipping Sauce Chef's Choice	26 Menus are subject to change without notice	27	28 Ham Steaks w Pineapple Sweet Potato, Vegetables Fruit Cup, Warm Dinner Roll	29 Meat Lasagna Vegetable Fruit Cup, Dinner Roll	1
Ham Steak w. Pineapple Shepherd's Pie Breaded Chicken Parmesan Chef's Choice	4 National Cold Cut Day American Grinder – Turkey, Ham, Cheese _ Tomato Relish, Chip, Coleslaw, Fruit Cup Sub Roll	5	6 Baked Pasta in Tomato Cheese Sauce, Vegetables Fruit Cup, WG Dinner Roll	7 Swedish Meatball w Onion Gravy Vegetables, Egg Noodles, Fruit Cup, Warm Dinner Roll	8
Chicken Broccoli & Rice Cass. Pasta in a Tomato Cheese Sa Sweet and Sour Meatballs Chef's Choice	11 Baked Fish Filet w/ tartar seasoned Potato Wedges, Vegetables, Fruit Cup, Dinner Roll	12	13 Grilled Chicken Teriyaki Rice Vegetable Fruit Cup, Dinner Roll	14 St. Patrick's Day Meal Traditional Corn Beef Dinner Boiled Potatoes & Carrots Steamed Cabbage, Fruit Cup, Roll	15
Baked Fish w Tartar Sauce Grilled Chicken Teriyaki Beef Stew w/ Vegetables Chef's Choice	18 Stuffed Pasta w/ Marinara Garlic Bread Vegetables Fruit Cup	19	20 Kielbasa w Pepper & Onions, Vegetables, Yellow Rice, Fruit Cup, Dinner Roll	21 Coq Au Vin Day Chicken Coq Au Vin Rice, Vegetables Fruit Cup, Dinner Roll	22
Sweet and Sour Chicken Stuffed Pasta w/ Marinara Kielbasa w Peppers & Onions Chef's Choice	25 Breaded Chicken Strips Season Potato Wedges Vegetable, Dinner Roll Fruit Cup	26	27 Taco Salad - Bed of Lettuce, Gr Beef, Tom, Shredded Cheese, Cucumbers, Olives Fruit Cup, Tortilla Chips	28 Chicken Cordon Blue Sandwich w Honey Mustard Dressing Roasted Potato Wedges Vegetable, Fruit Cup	29

Community Action Program Belknap-Merrimack Counties, Inc. - Elder Services