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| **MARCH** 2024  GRAB AND GO MENU  TO RESERVE YOUR MEALS, CALL **610-664-2366** by Previous Wednesday  **Pick Up Tuesday / Thursday / Friday**  *\*New Times\** **11:30 am – 1:30 pm**  ***ALL MEALS COME WITH MILK (and sometimes Juice, where noted)*** | | |
| **TUESDAY** | **THURSDAY** | **FRIDAY** |
| **February 27** | **February 29** | **1** |
| ***HEARTY BEEF STEW***  Stewed Veggies  *(Carrots, Potato, Peas)*  Cauliflower  Oatmeal Cookie  Whole Wheat Roll | ***CREAMY PARMESAN CHICKEN***  Broccoli  Penne Pasta  Peaches  Whole Wheat Roll | ***RAVIOLIS w/***  ***ROASTED RED PEPPER SAUCE***  ***(Ricotta Cheese, Mozzarella Cheese, Pasta)***  Sauteed Spinach w/ Carrots  Corn  Fresh Orange |
| **5** | **7** | **8** |
| ***PIZZA BURGER***  ***(Beef, Mozzarella Cheese, Tomato Sauce;***  ***Whole Wheat Hamburger Bun)***  Mixed Vegetables  *(Corn, Carrots, Peas, Green Beans)*  Cauliflower  Sweet Muffin | ***PAPRIKA BAKED CHICKEN THIGH***  Cole Slaw  Mashed Potatoes  Peaches  Whole Wheat Bread | ***SPINACH & SWISS OMELET***  ***(Egg Omelet, Swiss Cheese, Spinach)***  Roasted Red Potatoes  Warm Apples  Berry Applesauce  Whole Wheat Roll |
| **12** | **14** | **15** |
| ***BALSAMIC GLAZED CHICKEN***  ***(Chicken, Mozzarella Cheese)***  Penne Pasta  Collard Greens  Whole Wheat Roll  Fresh Apple | ***HAWAIIAN CHICKEN***  ***(Chicken, Soy Sauce, Sesame Sauce, Pineapple Sauce)***  Confetti Rice (w/ Peppers)  Marinated Cucumber Salad  Fruit Cocktail  White Roll | ***BAKED ZITI w/ SPINACH***  ***(Ziti Noodles, Ricotta Cheese, Mozzarella Cheese, Spinach, Tomato Sauce)***  Warm Spiced Peaches  *(w/ Cinnamon and Nutmeg)*  California Blend  *(Carrots, Cauliflower, Broccoli)*  Sugar Cookie |
| **19** | **21** | **22** |
| ***PINEAPPLE GLAZED PORK***  Sweet Potatoes  Green Bean Almondine  Cinnamon Applesauce  Whole Wheat Roll | ***CHEESE OMELET w/ TURKEY SAUSAGE***  Diced Potatoes  *(w/ Peppers and Onions)*  Spinach w/ Carrots  Sweet Muffin  Whole Wheat Bread | ***TILAPIA w/ CREAMY DILL SAUCE***  Carrot Coins  Vegetable Brown Rice  Mandarin Oranges  Whole Wheat Roll |
| **26** | **28** | **29** |
| ***SPECIAL HOLIDAY MEAL:***  ***GLAZED TURKEY HAM w/ FRUIT SAUCE***  Corn Pudding  Winter Blend Vegetables  Apple Pie  Dinner Roll  Orange Juice | ***CREAMY PARMESAN CHICKEN***  Broccoli  Penne Pasta  Peaches  Whole Wheat Roll | **GOOD FRIDAY**  **CENTER CLOSED**  ***NO GRAB & GO TODAY*** |

**"Pay if you wish" for these meals with a suggested, non-mandatory, anonymous donation of $2.**

**Those specific donations are sent to and support the Montgomery County Office of Senior Services.**

**Register online at https://www.newhorizonsseniorcenter.org/meals-and-deliveries.html or Call: (610) 664-2366**