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| **MARCH** 2024 GRAB AND GO MENUTO 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)*CauliflowerOatmeal CookieWhole Wheat Roll | ***CREAMY PARMESAN CHICKEN***BroccoliPenne PastaPeachesWhole Wheat Roll | ***RAVIOLIS w/*** ***ROASTED RED PEPPER SAUCE*** ***(Ricotta Cheese, Mozzarella Cheese, Pasta)***Sauteed Spinach w/ CarrotsCornFresh Orange |
| **5** | **7** | **8** |
| ***PIZZA BURGER*** ***(Beef, Mozzarella Cheese, Tomato Sauce;******Whole Wheat Hamburger Bun)***Mixed Vegetables *(Corn, Carrots, Peas, Green Beans)*CauliflowerSweet Muffin | ***PAPRIKA BAKED CHICKEN THIGH***Cole SlawMashed PotatoesPeachesWhole Wheat Bread | ***SPINACH & SWISS OMELET*** ***(Egg Omelet, Swiss Cheese, Spinach)***Roasted Red PotatoesWarm ApplesBerry ApplesauceWhole Wheat Roll |
| **12** | **14** | **15** |
| ***BALSAMIC GLAZED CHICKEN******(Chicken, Mozzarella Cheese)***Penne PastaCollard GreensWhole Wheat RollFresh Apple | ***HAWAIIAN CHICKEN*** ***(Chicken, Soy Sauce, Sesame Sauce, Pineapple Sauce)***Confetti Rice (w/ Peppers)Marinated Cucumber SaladFruit CocktailWhite 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 PotatoesGreen Bean AlmondineCinnamon ApplesauceWhole Wheat Roll | ***CHEESE OMELET w/ TURKEY SAUSAGE*** Diced Potatoes *(w/ Peppers and Onions)*Spinach w/ CarrotsSweet MuffinWhole Wheat Bread | ***TILAPIA w/ CREAMY DILL SAUCE***Carrot CoinsVegetable Brown RiceMandarin OrangesWhole Wheat Roll |
| **26** | **28** |  **29** |
| ***SPECIAL HOLIDAY MEAL:******GLAZED TURKEY HAM w/ FRUIT SAUCE***Corn PuddingWinter Blend VegetablesApple PieDinner RollOrange Juice | ***CREAMY PARMESAN CHICKEN***BroccoliPenne PastaPeachesWhole 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**