

March 2026 IN PERSON LUNCH MENU – DINE AT THE CENTER!

TO RESERVE YOUR MEALS, CALL **610-664-2366** by Previous Wednesday *ALL MEALS COME WITH MILK (and sometimes Juice, where noted); VEG = No Meat*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 STUFFED SHELLS (VEG) w/ CREAMY WHITE WINE & MUSHROOM SAUCE <i>(Ricotta & Mozz Cheese, Mushrooms)</i> Green Beans, Tossed Salad	3 HOLI / PURIM PENNE PASTA & (BEEF) MEATBALLS Broccoli, Cauliflower, Carrots Dessert: Peaches	4 SLICED TURKEY w/ STUFFING & GRAVY Corn Brussel Sprouts Dessert: Sweet Muffin	5 CREAMY PAPRIKA CHICKEN <i>(Creamy Tomato Sauce)</i> Cauliflower Brown Rice w/ Peas Dessert: Pears	6 STUFFED BAKED FISH <i>(Tilapia, Herb Stuffing, Lemon Butter Sauce)</i> Garlic Spinach & Carrots Herbed Roasted Potatoes
9 SALISBURY STEAK w/ TOMATO-BEEF GRAVY Carrots Whipped Potatoes Dessert: Chocolate Chip Cookie	10 BBQ PORK RIBBETTE Island Blend <i>(Broccoli, Carrot, Peppers, Green Beans)</i> Mashed Sweet Potato Dessert: Pineapples	11 CHICKEN CORDON BLEU <i>(Chicken, (Turkey) Ham, Swiss Cheese, Chicken Gravy)</i> Brussel Sprouts Rosemary Red Bliss Potatoes	12 EGG & TURKEY SAUSAGE w/ MINI BAGEL <i>(Egg Patty, Mozzarella, Turkey Sausage Patty)</i> Apples, Home Fries	13 CENTER CLOSED AT BOROUGH HALL -- COME TO ASHBRIDGE! Demos, Snacks, Desserts
16 CHEESEBURGER w/ WHOLE WHEAT ROLL <i>(Ground Beef, American Cheese)</i> Broccoli Florets & Carrots Potato Wedges Dessert: Pudding	17 ST. PADDY'S DAY PARTY: SHEPHERD'S PIE <i>(Beef, Carrots, Peas, Mashed Potatoes)</i> Tossed Salad, Cabbage Irish Soda Bread, Apple Cake PROVIDED BY THE NUTRITION GROUP ST. PADDY'S DAY GOODIES PROVIDED BY CLEARCAPTIONS JOIN US FOR BINGO AT 1:00 PM! w/ CAROUSEL CONNECTIONS	18 CHEESE OMELET (VEG) & FRENCH TOAST <i>(Egg, Mozz Cheese)</i> Cinnamon Sweet Carrots Apple, Pear, Raisin Compote Dessert: Mandarin Oranges	19 CHICKEN CACCIATORE <i>(Chicken Breast, Tomato Sauce, Bell Peppers & Onions)</i> Sauteed Spinach w/ Carrots Mashed Potatoes Dessert: Peaches	20 EID AL-FITR (TENTATIVE DATE) BAKED TILAPIA w/ MUSTARD CREAM SAUCE Asian Veggie Blend <i>(Onions, Mushrooms, Red Peppers, Broccoli, Cauliflower, Green Beans)</i> Rice Pilaf Dessert: Applesauce
23 SUNDAY ROASTED CHICKEN Green Beans Mashed Sweet Potatoes Dessert: Cinnamon Applesauce	24 SLICED BEEF w/ AU JUS Island Blend <i>(Broccoli, Carrots, Peppers, Green Beans)</i> Parslied Potatoes Dessert: Fruit Cocktail	25 BREADED CHICKEN STRIPS Cole Slaw Potato Wedges Dessert: Fresh Apple	26 SWEET & SOUR (TURKEY) MEATBALLS Mixed Vegetables <i>(Corn, Peas, Carrots, Green Beans)</i> Brown Rice w/ Peppers Dessert: Pineapples	27 BAKED RIGATONI (VEG) w SPINACH <i>(Ricotta Cheese, Mozz)</i> Broccoli & Cauliflower Carrots Dessert: Sweet Muffin
30 STUFFED SHELLS (VEG) w/ CREAMY WHITE WINE & MUSHROOM SAUCE <i>(Ricotta & Mozz Cheese, Mushrooms)</i> Green Beans Tossed Salad	31 SLICED TURKEY w/ STUFFING & GRAVY Corn Brussel Sprouts Dessert: Sweet Muffin	APRIL 1 SPRING HOLIDAY LUNCH: GLAZED TURKEY HAM w/ FRUIT SAUCE Winter Blend Vegetables Sweet Potatoes <i>Apple Pie, Orange Juice</i> SPRING DESSERTS	APRIL 2 PASSOVER (1ST DAY) CREAMY PAPRIKA CHICKEN <i>(Creamy Tomato Sauce)</i> Cauliflower Brown Rice w/ Peas Dessert: Pears	APRIL 3 GOOD FRIDAY CENTER CLOSED NO LUNCHES SERVED 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 Aging Services. Register online at <https://www.newhorizonsseniorcenter.org/meals-and-deliveries.html> or Call: (610) 664-2366