



**Oneida County Office for the Aging  
Nutrition Program for the Elderly**



**MARCH 2025**

21	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  Sausage with Peppers and Onions Oven Brown Potatoes Green Beans Wheat Bread Pears	4  Sliced Turkey With Gravy Mashed Potatoes Peas Wheat Roll Peaches	<b>ASH WEDNESDAY</b> 5 Western Baked Egg with Cheese Baked Polenta Spinach Wheat Bread Tropical Fruit	6  Goulash Italian Green Beans Wheat Bread Coffee Cake*	7  Oven Brown Fish Scalloped Potatoes Collard Greens Wheat Bread Chocolate Pudding*
10  Beef Stew Green Beans Wheat Bread Chocolate Chip Cookie*	11  Sweet and Sassy Chicken Breast Rice Pilaf Oriental Blend Vegetables Wheat Bread Pineapple Tidbits	12  Chicken Cacciatore Over Penne Cauliflower Wheat Bread Yogurt with Peaches and Granola	13  Spanish Rice Mixed Vegetables Corn Bread Warm Cinnamon Apples	14  Butternut Squash Soup Peanut Butter and Jelly Sandwich Wheat Bread [2] Apple Sauce
17 <b>St. Patrick's Day</b> Corned Beef Parsley Mashed Potatoes Cabbage and Carrot Blend Wheat Bread Lime Poke Cake with Topping*	18  Chicken Ala King Harvard Beets Biscuit Warm Apple Crisp	19  Mushroom Stew Over Noodles Mixed Vegetables Wheat Bread Mandarin Oranges	20  Beef Hot Dog Baked Beans Carrots Hot Dog Roll Peaches	21  Fish Sandwich Macaroni & Cheese Collard Greens Whole Wheat Roll Tropical Fruit
24  Sweet N Sour Meatballs Over Rice Capri Blend Vegetables Wheat Bread Pineapple Tidbits	25  Pasta Fagioli with Chicken Sliced Carrots Wheat Bread Vanilla Pudding*	26  Turkey Divan Over Rice Broccoli Wheat Bread Oatmeal Raisin Cookie*	27  Hawaiian Pork Confetti Rice Oriental Blend Vegetables Wheat Bread Pears	28  Mushroom Cheese Strata Home Fries Spinach Wheat Bread Pineapple Tidbits
31  Kielbasa Hot German Potato Salad Cabbage Wheat Bread Peaches				

