



ULSTER COUNTY OFFICE FOR THE AGING SENIOR NUTRITION/DINING PROGRAM

Susan Koppenhaver, Director Ellen Scheerer, Nutrition Coordinator

~ March 2026 ~



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| Monday Mar 2 Main: Western Cheese Omelet Sides: Whole Grain Bagel Potato Home Fry Peach Crisp 1% Milk Margarine | Tuesday Mar 3 Main: Cheese Tortellini with Tomato Sauce Sides: Green Beans Fresh Apple 1% Milk Whole Grain Bread Margarine | Wednesday Mar 4 Main: Baked Chicken with Mushroom Sauce Sides: Rice Cheesy Broccoli Apple Crisp 1% Milk Whole Grain Bread Margarine | Thursday Mar 5 Main: Beef Vegetable Stew Sides: Mashed Potatoes Fresh Orange 1% Milk Whole Grain Bread Margarine | Friday Mar 6 Main: Sliced Turkey with Gravy Sides: Stuffing Carrots Fresh Apple 1% Milk Whole Grain Bread Margarine |
| Monday Mar 9 Main: Arroz con Pollo Sides: Yellow Rice Broccoli Fresh Apple 1% Milk Whole Grain Bread Margarine | Tuesday Mar 10 Main: Asian BBQ Chicken Sides: Brown Rice Asian Blend Veggies Fresh Orange 1% Milk | Wednesday Mar 11 Main: Stuffed Shells with Tomato Sauce Sides: Green Beans Peach Crisp 1% Milk Whole Grain Bread Margarine | Thursday Mar 12 Main: Sliced Turkey with Gravy Sides: Stuffing Carrots Fresh Apple 1% Milk Whole Grain Bread Margarine | Friday Mar 13 Main: Pasta Bolognese Sides: Mixed Vegetables Apple Crisp 1% Milk Dinner Roll Margarine |
| Monday Mar 16 Main: Chicken Skillet Sides: Rice Peppers and Onions Fresh Apple 1% Milk Whole Grain Bread Margarine | Tuesday Mar 17 Main: French Onion Cheese Burger Sides: Sweet Potato Fries Mixed Vegetables Fresh Orange 1% Milk Margarine Whole Grain Bread | Wednesday Mar 18 Main: Butter Chicken Sides: Raisin Rice Corn and Broccoli Peach Crisp 1% Milk Margarine Whole Grain Bread | Thursday Mar 19 Main: Stuffed Pasta with Bolognese Sauce Sides: Green Beans Apple Crisp 1% Milk Margarine Dinner Roll | Friday Mar 20 Main: Baked Breaded Fish in Garlic Sauce Sides: Pasta with Sauce Peas and Carrots Fresh Apple 1% Milk Dinner Roll Margarine |
| Monday Mar 23 Main: Cheese Ravioli with Tomato Sauce Sides: Green Beans Fresh Orange 1% Milk Margarine Whole Grain Sliced Bread | Tuesday Mar 24 Main: Chicken Meatballs Sides: Pasta with Sauce Broccoli Fresh Apple 1% Milk Margarine Dinner Roll | Wednesday Mar 25 Main: Shepherds Pie Sides: Mashed Potatoes Carrots Apple Crisp 1% Milk Margarine Whole Grain Sliced Bread | Thursday Mar 26 Main: Chicken Cacciatore Sides: Pasta with Sauce Broccoli and Carrot Fresh Orange 1% Milk Margarine Whole Grain Sliced Bread | Friday Mar 27 Main: General Tso's Chicken Sides: Brown Rice Asian Blend Veggies Peach Crisp 1% Milk Dinner Roll Margarine |
| Monday Mar 30 Main: Lentil Stew with Beef Crumble Sides: Couscous Broccoli & Cauliflower Fresh Orange 1% Milk Whole Grain Bread Margarine | Tuesday Mar 31 Main: Eggplant Parmesan Sides: Penne Pasta with Tomato Sauce Mixed Vegetables Fresh Apple 1% Milk Whole Grain Bread Margarine | Wednesday Apr 1 Main: BBQ Chicken Sides: Mac n Cheese Broccoli Apple Crisp 1% Milk Whole Grain Sliced Bread Margarine | Thursday Apr 2 Main: Meatloaf with Gravy Sides: Mashed Potatoes Carrots Fresh Orange 1% Milk Whole Grain Bread Margarine | Friday Apr 3 Main: Cacio e Pepe Pasta w/ Chicken Sides: Green Beans Peach Crisp 1% Milk Dinner Roll Margarine |

Community Café Information and Reservations call: 845-331-2180
 For information or Home Delivered Meal Cancellation call: 845-331-2496.