

March 2026 - Menu

Potter County Human Services - Area Agency on Aging

Menu Subject to Change - Suggested Donation \$4.25

8oz of 1% Milk and 1 tsp. margarine is Served with all Meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 3oz Meatloaf 1/2c Mashed Potatoes w/2oz Gravy 1/2c Green Beans 1/2c Mixed Fruit 1 slice Whole Wheat Bread	3 3oz BBQ Pulled Chicken 2 Slider rolls 1/2c Baked Beans 1/2c Corn 1 Fresh Banana	4 1c Italian Wedding Soup 3oz sliced Turkey w/1oz slice Swiss Cheese 1 leaf lettuce & 1 slice tomato 1oz Mayonaisse 1/2c Pudding	5 Italian Sausage Sub 3 oz Italian Sausage 2 oz Peppers & Onions 1 Roll 1/2c Broccoli Salad 1/2c Fruited Jello	6 3oz Lemon Pepper Haddock 1 Tbsp. Tartar Sauce 1/2c French Fries 1/2c Coleslaw 1/2c Applesauce 1 Dinner Roll
9 3- 1oz Meatballs 1/2c Penne Pasta w/ 2oz Marinara Sauce 2 Cherry Tomatoes & 2 slices Cucumber 1 Garlic Breadstick Fresh Orange	10 3oz Herb Baked Chicken 1/2c Rice Pilaf 1/2c Maple Glazed Carrots 1/2c Applesauce 1 Dinner Roll	11 3oz Chicken Cordon Bleu 1/2c Mashed Sweet Potatoes 1/2c Corn 1/2c Pears 1 slice Wheat Bread	12 3oz Beef Tips over 1/2c Noodles w/2oz Gravy 1/2c Mixed Vegetables 1/2c Fruit Salad 1 Dinner Roll	13 Shrimp Alfredo 3oz Shrimp w/ 1/2c Pasta 2oz Alfredo Sauce 1/2c Broccoli 1/2c Pudding 1 Bread Stick
16 1/2c Cheese Tortellini w/ 3oz diced Chicken, 2oz peas, in 3oz Alfredo Sauce 1c Lettuce Salad 2 Cherry Tomatoes & 2 slices Cucumbers 1/2c Grapes 1 Garlic Breadstick	17 3oz Sliced Turkey 1/2c Mashed Potatoes 2oz Gravy 1/2c Brussel Sprouts 2oz Cranberry Sauce 1 Dinner Roll	18 Cheesesteak 3 oz Chopped Steak 2oz Peppers & Onions 1 slice American Cheese 1/2c Beets 1 Dill Pickle	19 3oz Pork Loin Fritter 2oz Gravy 1/2c Baby Baked Potatoes 1/2c Corn 1/2c Applesauce 1 Slice Wheat Bread	20 3oz Salmon Burger 1 Leaf Lettuce & 1 Slice Tomato 1 Burger Bun 2oz Dill Sauce 1/2c Coleslaw 1/2c Sliced Pears
23 3oz Chicken Salad 1 Crossant roll 1/2c Pasta Salad 1/2c Lettuce Salad w/ 2 Cherry Tomatoes & 2 slices Cucumbers 1/2c Jello	24 4oz Stuffed Pepper 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1/2c Mandarin Oranges 1 Dinner Roll	25 1 French Toast 2oz Sausage Patty 1/2c Scrambled Eggs 1/2c Hashbrowns 1 Fresh Apple	26 3oz Orange Chicken w/2oz Orange Sauce 1/2c White Rice 1/2c Stir Fry Vegetables 1/2c Pudding 1 Dinner Roll	27 3oz Potato Crusted White Fish 1/2c Steak Fries 1/2c Coined Carrots 1/2c Mixed Fruit 1 Garlic Breadstick
30 4oz Chicken Marsala 1/2c Rice 1/2c Roasted Baby Carrots 1 Banana 1 Breadstick	31 <u>Meal info for this day will be forwarded to you ASAP</u>	April 1st Meal <u>Easter Dinner</u> 3oz Slices Ham 1/2c Mashed Sweet Potatoes 1/2c Beets 1/2c Applesauce 1 slice Rye Bread	<u>SENIOR CENTER PHONE NUMBERS</u> Coudersport - 814-274-7887 Galeton - 814-433-2390 Oswayo Valley - 814-697-7178 Ulysses - 814-848-9880	*Tossed salads come w/dressing