











MARCH 2021

Town of Mamaroneck Senior Center Nutrition Menu

1288 W. Boston Post Road
Larchmont, NY 10538
(914) 834-8840
Hours 10:00am-3:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 	1 Chicken Marsala Green Beans Carrots	2 Pork Chop Suey Brown Rice, Oriental Vegetable Mix	3 Spinach Quiche Home Fried Potatoes Mediterranean Vegetables	4 Eggplant Parmigiana Linguini in Tomato Sauce Broccoli Florets	5 Salmon Lentil Pilaf Mixed Vegetables	6 
7 	8 Knockwurst w/ Sauerkraut Baked Beans Mixed Vegetables	9 Stuffed Shells Broccoli Florets Chickpeas	10 Meatloaf w/ Gravy Mashed Sweet Potatoes Green Beans	11 Boneless Breaded Pork Chop Red Cabbage Roasted Potatoes	12 Crispy Baked Fish Buttered Carrots Corn	13 
14 	15 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	16 Macaroni & Cheese Stewed Tomatoes Spinach	17 Corned Beef & Cabbage Boiled Red Potatoes Carrots	18 Filet of Sole in Lemon Sauce Harvard Beets Chopped Kale	19 Cheese Ravioli Chickpeas Broccoli Florets	20 
21 	22 Baked Flounder in Franciscan Sauce Bowtie Basil Pesto Carrots	23 Orange Ginger Chicken Brown Rice Green Beans	24 Quiche Lorraine Roasted Potatoes Stewed Tomatoes	25 Beef Stew Buttered Noodles Brussel Sprouts	26 Manicotti Spinach w/ Garlic Chickpeas	27 
28 	29 Italian Chicken Sausage w/ Peppers & Onions Tater Tots Tuscan Vegetable Medley	30 Beef Brisket w/ Gravy Potato Pancakes Carrot Tzimmes	31 Pasta w/ Broccoli & White Beans Yellow Squash	1 Chicken Ratatouille Roasted Potatoes	2 <i>GOOD FRIDAY</i> <i>SENIOR CENTER CLOSED</i>	3 

Senior Center Coordinator: Stephanie Hart, MS, CTRS, CDP
Senior Center Staff: Kathy Flynn
Community Services Director: Anna Danoy, MA (914) 381-7840

Reservations are required for lunch by 2:00pm the day before. Be advised that inclement weather may impact the schedule. Please call the Senior Center to make your reservation. A \$3 contribution is suggested for each meal.

*For inquires on the Meals on Wheels Program, please call the
 Community Services Office, 914-381-7840*

Our Transportation Services are also funded by U.S. Department of Health & Human Services, New York State Office of the Aging, & the Westchester County Department of Senior Programs & Services.