

March 2020

OSIP Lunch Menu

Water, 1% Milk, Juice and Coffee offered at every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham and Cheese Sandwich Tomato Soup Crackers Pineapple	3 Cheesey Zucchini W/G Muffin Peaches	4 Hamburgers W/G Bun Lettuce and Tomato French Fries Melon	5 Hot Turkey Sandwich on W/G Bread Carrots Mixed Berries	6 Baked Haddock W/G Rolls Four Bean Salad Strawberries
9 Fish Sandwich on W/G hamburg roll Lettuce and Tomato Waldorf Salad Berries	10 Roast Pork Peas Orzo with Red Peppers Apples	11 Mac N Cheese Broccoli Peaches	12 Beef Stir Fry with Peppers Onions & Mushrooms Brown Rice Pineapple	13 Turkey Pot Pie W/ Carrots and Peas W/G Bread Blueberries
16 Turkey Sandwich W/G Bread Carrot Salad Cherries	17 Cod Fish Chowder Chowder Crackers Cucumbers Peaches	18 Baked Ham Baked Sweet Potatos Fruit Muffin Pineapple	19 French Onion Soup W/G Toast Deviled Eggs Mixed Berries	20 Beef Stroganoff W/G Noodles French Style Beans Pineapple
23 Beef and Gravy over Noodles with Green Peppers Beets Fruit Coctail	24 Turkey Pie with Peas and Carrots W/G bread Cherries	25 Fish Stickers Mixed Veggies W/G Bread Blueberries B-Day Cake	26 Pork Stir Fry with Peppers and Onion W/G Rice Apple Sauce Leslie out	27 Cheesey Scalloped Zucchini W/G Bread Strawberries Leslie out
30 Tomato Soup Grilled Cheese W/G Bread Strawberry short cake w/ biscuit	31 Chop Suey Garden Salad Melon			

OSIP Adult Day Services is an equal opportunity provider.