

March

2025

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
TAKE OUT MEALS ARE NO LONGER AVAILABLE				In inclement weather, NO PEACE lunch when the City of Syracuse Schools close.	
3	4 Mardi Gras	5	6	7	
Swedish Style Meatballs over Parsley & Butter Egg Noodles California Vegetables Fresh Pear, WW Bread	Caribbean Jerk Chicken w/ Pineapple/Mango Salsa Coconut Rice, Sweet Potato w/ Spinach, Banana	Breaded Haddock on WW Bun, Coleslaw Potatoes O'Brien Brownie	Meatloaf w/ Mushroom Gravy Peas & Pearl Onions Mashed Potatoes Grapes, Dinner Roll	Tuna Salad w/ Chopped Egg Salad on Kaiser w/ Shredded Lettuce, Broccoli & Cheddar Soup, Fruit Cocktail	
10	11	12	13	14	
Chicken Alfredo Served over Bowtie Pasta Broccoli Florets Pear, Italian Bread	Salisbury Steak w/ Beef Demi-Gravy, Mac & Cheese w/ Stewed Tomatoes Peas & Carrots, Banana	Chicken Parm Sandwich on WW Bun, Seasoned Potatoe Cubes Country Vegetables, Pudding	Chicken Tikka Masala (chicken in tomato sauce) over Cilantro Basmati Rice Eggplant, Bread, Mango	Shepherd's Pie (beef w vegetables & whipped potato topping) Diced Pears	
17 St. Patrick's Day	18	19	20	21	
Corned Beef w/ Potatoes, Baby Carrots Cabbage Wedge, Bread Choc Chip Cookie	Chicken Cordon Bleu Casserole Broccoli Fruit Cocktail	Kielbasa Braised Red Cabbage Pierogis Cantaloupe	Chicken Riggies Sauteed Greens Peaches Dinner Roll	Shrimp Lo-Mein w/ Asian Vegetables Tapioca Pudding	
24	25	26	27	28	
Gianelli Sausage w/ Peppers & Onions on Sub Roll Ranch Kettle Chips Honey Carrots, Jello w/ Whip	Bacon & Tomato Chicken Salad on Croissant Minestrone Soup Applesauce	Saffron Vegetable Rice w/ Chicken, Shrimp & Smoked Sausage, Asparagus Tomato Bread, Grapes	Sloppy Joe on Kaiser Peas & Carrots Honey Dew	Mushroom Ravioli in Cream Sauce Blistered Tomatoes & Asparagus, Orange	
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Turkey Noodle Soup Cran-Walnut Chicken Salad on WW Kaiser, Orange Segments	All Meals include: Coffee, Tea, Bread, and Margarine	Menus meet 1/3 of RDA Menu is Subject to Change	Guest Meal \$7.00	Suggested Contribution: \$3.50 (age 60+ or spouse)	
	RESERVATIONS MUST BE	MADE 1 BUSINESS DAY	IN ADVANCE BY	12 NOON	

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