



Menu for March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken Marsala Roasted Beets Brown Rice Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>	<p>4 Breaded Pollack Garden Salad Roasted Potato Whole Wheat Bread Orange and Milk Alternate: Sliced Turkey</p>	<p>5 Stuffed Cabbage with Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Pear and Milk Alternate: Egg Salad</p>	<p>6 Curry Chickpea Stew Steamed Green Beans Brown Rice Whole Wheat Bread Banana and Milk Alternate: Breaded Pollack *Cookie</p>	<p>7 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Omelet</p>
<p>10 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Egg Salad</p>	<p>11 Chicken Spaghetti Casserole Green Beans Whole Wheat Bread Orange and Milk Alternate: Tuna Salad</p>	<p>12 Baked Salmon /Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>13 Purim Grilled Chicken Breast Vegetable Melange Broccoli, & Cauliflower Red Roasted potatoes Whole Wheat Bread & Milk Banana Alternate: Omelet *Hamantaschen</p>	<p>14 St. Patrick's Day Luncheon Corned Beef with Cabbage Baked Potatoes Steamed Carrots Rye Bread Fruit Cup Green Cup Cake Alternate: Tuna Salad</p>
<p>17 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack</p>	<p>18 Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice Whole Wheat Bread Orange and Milk Alternate: Egg Salad</p>	<p>19 Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>20 Eggplant Tofu Rollatini Fusilli Pasta with Parsley Steamed Carrots Garlic Bread Banana and Milk Alternate: Omelet *Cookie</p>	<p>21 Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>
<p>24 Classic Chicken Cacciatore Italian Blend Vegetables Whole Wheat Pasta Whole Wheat Bread Apple and Milk Alternate: Omelet</p>	<p>25 Oven Baked Falafel Patties Hummus Israeli Salad Whole Wheat Pita Orange and Milk Alternate: Tuna Salad *Birthday Cake</p>	<p>26 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Pear and Milk Alternate: Breaded Pollack</p>	<p>27 Baked Salmon/ Dill Lemon Sauce Braised Red Cabbage Rice Pilaf Whole Wheat Bread Banana and Milk Alternate: Sliced Turkey</p>	<p>28 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad</p>
<p>31 Hawaiian Chicken Steamed Green Beans Coconut Rice & Pigeon Peas Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>			<p>Sunday, March 9 Daylight Saving Time begins at 2 A.M.</p>	<p>GLATT KOSHER</p>



Calendar of Activities – March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) Ping Pong	8:30- 9:30 (M4) Ping Pong	8:30- 9:45 (M4) Ping Pong	8:30- 12:00 (M4) Ping Pong	8:30- 10:45 (M4) Ping Pong
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) Leisure Games	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 11:00 (M3) Leisure Games	9:30- 11:00 (Ballroom) Chinese Culture Group Dancing	10:00- 11:00 (Computer Lab) Today's Technology	10:30- 12:00 (M2) English for Chinese	11:00- 12:00 (M4) Bingo
11:00- 12:00 (M3) Current Events	10:00- 12:00 (M4) Oil Painting	10:00-12:00 (M4) Chinese Culture Group Singing	11:15 am (Crystal Room) *3/6 Elder Abuse by Cynthia Fernandez	
11:00- 12:00 (Ballroom) Staywell Exercise	10:45- 12:15 (M3) Blood Pressure Screening	11:00- 12:00 (Computer Lab) Surfing the Internet		
	11:00- 12:00 (M2) Interesting and Informative Discussion	11:15 am (Crystal Room) *3/5 Nutrition Education by Amelia Jalandoni *3/19 Nutrition Education by Amelia Jalandoni		
LUNCH BREAK				
12:30- 3:45 (M4) Ping Pong	12:30- 3:00 (M4) Drawing	12:30- 3:45 (M4) Ping Pong	12:30- 3:45 (M4) Ping Pong	1:00- 3:45 (M4) Ping Pong
12:30-3:00 (M3) Melodians Rehearsal	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) Leisure Games	1:00- 3:30 (Computer Lab)	1:00- 2:30 (Computer Lab)
1:00- 2:00 (Computer Lab)	1:00- 3:45 (M3) Arts & Crafts (Jewelry)	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M2) Arts & Crafts (Needlepoint)	1:00-2:30 (M3) Chinese Culture Group Advanced Singing
1:30- 2:30 (Ballroom) Zumba Gold	1:00- 2:00 (M2) Drama Group	1:30- 2:30 (Ballroom) Yoga	1:30- 2:30 (Ballroom) Line Dancing	Entertainment (1:15-2:15 pm, Crystal Room) *3/7 – Russell Targrove *3/14 – St. Patrick's Day Party with J J Burton *3/21 – Juan Ortega *3/28 – Karaoke
3:00- 3:45 (M3) Leisure Games	1:30- 2:30 (Crystal Room) Tai Chi			