

Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation				Month of March 2026
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Garlic Bread 2 Lasagna Peas/Carrots House Salad/Dressing Fruit/Sauce	Bread 3 Smothered Chicken Mashed Potatoes Green Beans Fruit/Sauce	4 Menus subject to change upon availability	5	Bread 6 Tuna Salad Sandwich Vegetable Barley Soup Fruit/Sauce	
Bread 9 Sausage & Kraut Roasted Red Potatoes Candied Carrots Fruit/Sauce	Bread 10 Country Fried Steak w/Gravy Mashed Potatoes Mixed Vegetables Fruit/Sauce	11 LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas	12	Bread 13 Baked Fish Au Gratin Potatoes Italian Pasta Salad Fruit/Sauce	
Bread 16 Stuffed Cabbage Rolls Mashed Potatoes Coin Carrots Fruit/Sauce	Bun 17 Grilled Chicken Lettuce/Tomato/Onion Potato Salad Fruit/Sauce	18	19	Breadstick 20 Cod Creamed Peas Rice Pilaf Fruit/Sauce	
Bread 23 Chicken Veggie & Rice Hotdish Tater Tots Fruit/Sauce	Bun 24 Cheeseburger Lettuce/Tomato/Onion Baked Beans Fruit/Salad	25	26	Bun 27 Fish/Cheese Coleslaw French Fries Fruit/Sauce	
Bun 30 Hotdog Chili Fries Fruit/Sauce	English Muffin 31 Spanish Eggs Beef & Potato Hash Fruit/Sauce				
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.		Age 60 and over: Suggested Contribution Congregate and Home Delivered Meals Is \$5.00. Contribute as you are able. Those under 60 or who do not complete a registration form must pay \$15.07 per meal.			