

March 2023 Monthly Vegetarian Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fun Fact: The name March comes from Mars, the Roman god of war. 	1. Broccoli Alfredo Pasta Vegetable of the Day Homemade Bread	2. Vegan California Meatballs with Sauce & Pasta Vegetable of the Day Homemade Bread	3. Chic Pea Salad Hard Boiled Eggs Garden Salad Homemade Salad Dressing Homemade Bread
6. Beyond "Beef" Taco Steamed Rice Vegetable of the Day Salsa Soft Taco	7. Vegetarian Egg Bake Vegetable of the Day Homemade Bread	8. Mushroom Cacciatore Noodles Vegetable of the Day Homemade Bread	9. Plant Protein Veggie Stew Steamed Rice Vegetable of the Day Homemade Bread	10. American Mac & Cheese Vegetable of the Day Homemade Bread
13. Bean & Veggie Chili Steamed Rice Vegetable of the Day Homemade Corn Bread	14. Plant Protein Teriyaki Steamed Rice Veggie of The Day Homemade Bread	15. Veggie Tomato Sauce Pasta Vegetable Of The Day Homemade Bread	16. Vegetarian Egg Bake Vegetable of the Day Homemade Bread	17. St. Patrick's Day Chic Pea Salad Hard Boiled Eggs Garden Salad Homemade Salad Dressing Homemade Bread
20. Veggie Cutlet Parm Pasta with Pesto Sauce Vegetable of the Day Homemade Bread	21. Bean & Cheese Burrito Steamed Rice Vegetable of the Day Homemade Bread	22. Plant Protein Stew Steamed Rice Vegetable of the Day Homemade Bread	23. Home-Style Veggie Shepherd's Pie Vegetable of the Day Homemade Bread	24. Pasta w/ Tomato Sauce Beyond Sausage Link Vegetable of the Day Homemade Bread
27. Baked Veggie Burger Roasted Potato Vegetable of the Day Homemade Roll	28. Beyond Burger "Meat" Loaf Mashed Potatoes Vegetable of the Day Homemade Bread	29. Broccoli Alfredo Pasta Vegetable of the Day Homemade Bread	30. Vegan California Meatballs with Sauce & Pasta <i>Menu subject to change</i> Vegetable of the Day Homemade Bread	31 Chic Pea Salad Hard Boiled Eggs Garden Salad Homemade Salad Dressing Homemade Bread

Seniors 60 years of age or older - Suggested donation \$3.00. All contributions are returned to the community toward the cost of nutrition programs and services. 700-800 calories/meal 1000-1500mg sodium/meal Fat Content NOT TO EXCEED 30-35% All meals include soy milk - Calories and sodium from dressing not included. Nutrition information provided is not exact but will help guide .



Elder Services
 of Berkshire County, Inc.
 BERKSHIRE COUNTY
SHERIFF
 Vegetarian Meal Delivery For Seniors