

March 2026 Menu

Dutchess County Office for the Aging - Nutrition
 114 Delafield St
 Poughkeepsie NY 12601
 845-486-2555 • dutchessny.gov/OFANutrition



All meals served with 1/2 pint of 1% milk • Meals subject to change without notice

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 2 | 3 | 4 | 5 | 6 |
| Chicken Marsala Mashed Potatoes Green Beans Whole Wheat Bread Oreo Cookies | Turkey Macaroni Casserole Italian Mixed Vegetables Whole Wheat Bread Tropical Fruit | Meatloaf and Gravy Mashed Potatoes Broccoli Whole Wheat Bread Pudding | Sweet and Sour Pork Parslied Potatoes Carrots Whole Wheat Bread Applesauce | Stuffed Shells with Marinara Sauce Brussels Sprouts Whole Wheat Bread Pears |
| 9 | 10 | 11 | 12 | 13 |
| Chicken Nuggets Rice and Beans Mixed Vegetables Whole Wheat Bread Lorna Doone Cookies | Italian Meatballs Pasta in Sauce Italian Mixed Vegetables Whole Wheat Bread Peaches | Ham Steak Mashed Sweet Potato Buttered Peas Whole Wheat Bread Pineapple | Turkey Chili and Cheese Rice Diced Carrots Whole Wheat Bread Fruit Cocktail | Cheese Omelet Hash Brown Green Beans Whole Wheat Bread Pudding |
| 16 | 17 | 18 | 19 | 20 |
| Chicken Parmesan Pasta in Sauce Broccoli Whole Wheat Bread Cookie | Corned Beef Red Potatoes Carrots Whole Wheat Bread Saint Patty Jello | Chicken Creole with Mixed Vegetables Rice Whole Wheat Bread Fruit Cocktail | BBQ Rib Patty Buttered Noodles Scandinavian Mix Vegetables Whole Wheat Bread Applesauce | Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Peaches |
| 23 | 24 | 25 | 26 | 27 |
| Salisbury Steak and Gravy Mashed Potatoes Green Beans Whole Wheat Bread Pineapple | Hamburger on a Roll Baked Beans Buttered Corn Hamburger Roll Pears | Kielbasa and Sauerkraut Hash Brown Cauliflower Whole Wheat Bread Sliced Apples | Chicken a la King Mixed Vegetables Red Potatoes Whole Wheat Bread Peaches | Fish Square Rice and Beans Diced Carrots Whole Wheat Bread Pudding |
| 30 | 31 | <p><i>If you have a food allergy, contact OFA at 845-486-2555 or ofa@dutchessny.gov</i></p> | | |
| Swedish Meatballs Buttered Pasta Green Peas Whole Wheat Bread Sandwich Cookie | Roast Pork and Gravy Mashed Potatoes Green Beans Whole Wheat Bread Applesauce | | | |