



March Lunch Club 60 Menu

Serving Time: 11:30 am-12:00pm

Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals are served with milk, bread and margarine.</p> <p>Soup served with crackers.</p>	<p>Funding This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging</p>		<p>1 Chicken Breast Sandwich on Bun w/Lettuce, Tomato & Mayo Cabbage Beef Soup Petite Banana</p>	<p>2 Broccoli Cheese Quiche Orange Juice Green Beans Carrots 12 Grain Bread Pears</p>
<p>5 Chicken Cordon Bleu Mashed Potatoes w/Gravy Green Peas Wheat Bread Peaches</p>	<p>6 Nutrition Ed. w/Cindy "Bone & Joint Health" Sweet & Sour Pork over Brown Rice Oriental Blend Vegetables Carrots Dinner Roll Fresh Orange</p>	<p>7 Tacos w/Ground Beef, Cheese, Shredded Lettuce, Tomato Wedges, Salsa & Sour Cream Vegetable Soup Fresh Apple</p>	<p>8 Stuffed Cabbage w/Sauce Steamed Potatoes Scandinavian Blend Vegetables Dark Rye Bread Fruit Cocktail</p>	<p>9 Breakfast Bingo Today Veggie Meatballs w/Pasta & Sauce Minestrone Italian Bread Pineapple</p>
<p>12 Pub Burger w/Catsup, Mustard, Relish & Onion on Bun Corn Broccoli Apricots</p>	<p>13 Rosemary Oven Baked Chicken 1/4 Split Pea Soup Mashed Winter Squash 12 Grain Bread Pineapple</p>	<p>14 Individual Meat Loaf w/Veggie Gravy Smashed Potatoes Beets Wheat Bread Pears</p>	<p>15 BBQ Pulled Pork over Baked Potato Mixed Vegetables 12 Grain Bread Fresh Apple</p>	<p>16 St. Patrick's Day Party No Regular Lunch Served</p>
<p>19 Broccoli & Cheese Topped Baked Potato w/Sour Cream Lentil & Black Bean Soup Dark Rye Bread Pears</p>	<p>20 Braised Pork Chop w/Gravy Warm Applesauce Scalloped Potatoes Brussels Sprouts Wheat Bread Oatmeal Raisin Cookie</p>	<p>21 Chicken ala King over Biscuit Grape Juice Peas Carrots Petite Banana</p>	<p>22 Swedish Meatballs over Brown Rice Scandinavian Blend Vegetables Cauliflower Marble Rye Peaches</p>	<p>23 Breaded Haddock w/Tartar Sauce Coleslaw w/out Pineapple California Blend Vegetables Wheat Bread Fruit Cocktail</p>
<p>26 Goulash w/Ground Beef Beets Green Beans Pumpnickel Bread Mandarin Oranges</p>	<p>27 Fajita Chicken Brown Rice Bowl w/Cheese, Lettuce, Tomato, Salsa & Sour Cream Navy Bean Soup Soft Flour Tortilla Kiwi *Cupcakes*</p>	<p>28 Steak Diane w/Mushroom Sauce Twice Mashed Potatoes Oriental Blend Vegetables Whole Grain Roll Banana Cream Pie</p>	<p>29 Meal Time Music Today Baked Ham w/Pineapple Sauce Smashed Potatoes Malibu Blend Vegetables Whole Grain Roll Coconut Cake</p>	<p>30 Community Center Closed No Lunch Served Today</p>

Lunch Reservation Procedure

(Please call 723-2425)

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- For a guaranteed meal, reservations need to be made 2 weeks in advance; upon availability reservations can be made up until the day of meal service
- All meal cancellations must be made by 10:00am the day before the meal is served

Medical Motors Transportation

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
 - Returns are 12:30 & 2:30, Mon-Fri
- Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.

3 Vince Tofany Blvd. Greece, NY 14612

(585) 723-2425

www.greeceny.gov



Monroe County Senior Nutrition Program

Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
- Disabled persons under age 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

Who may 'contribute'?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is **\$3.00** per meal.
- All contributions are confidential and voluntary.

Who must 'pay'?

Staff

- Staff under 60 years of age **must** pay \$6.00 per person.

Guests

- Guests under age 60 **must** pay \$6.00 per person.
- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and the Monroe County Dept of HS/Office for the Aging



Greece on the Go

Keeping **You** Moving in Greece and Beyond



March 2018

Groceries & Shopping

Friday, March 2: Wegmans Mt. Read Blvd

9:00am-11:00am

Medical Motors Transportation

Friday, March 9: Wal-Mart-Greece

9:00-11:00am

Medical Motors Transportation

Thursday, March 15: Aldi's—Long Pond

9:00-11:00am

Medical Motors Transportation

Friday, March 23: Price Rite

9:00-11:00am

Medical Motors Transportation



All trips depart and return from the
Community & Senior Center
3 Vince Tofany Blvd
Greece, NY 14612

For Trips Noted "Medical Motors Transportation"
Through the Greece Community & Senior
Center, for Greece Seniors, Medical Motors
offers monthly trips to area grocery stores.

Transportation is free and **requires a minimum of
3 riders.**

You may sign up at the front desk ahead of
time or by calling 723-2425.