



Do you need help
paying for groceries?

Did you know that 126,000 seniors in our state are using SNAP benefits to help buy food?

Eating right is key to staying healthy and SNAP can help seniors on a tight budget afford nutritious food.

Boston ElderINFO can check your eligibility and help you apply for SNAP benefits.



CONTACT US
to learn more and apply



Visit elderinfo.org or
call us at 617-292-6211

We will need to hand your meal directly to you. Drivers will no longer be allowed to leave meals on the door with a verbal acknowledgement. All of our staff have been fully vaccinated. Thank you for your cooperation.

Starting July 1st, 2021 under the guidance of Ethos, Boston Senior Home Care and Central Boston Elder Services, Emily's will once again be required to see consumers on a daily basis. Our previous no contact policy will no longer be in effect.

MARCH 2024

SENIOR MENU

MARCH 2024

'SENIORS

NOTES: MILK IS SERVED WITH ALL MEALS.
MARGARINE IS SERVED WITH ALL BREADS AND ROLLS

MENU SUBJECT TO CHANGE WITHOUT NOTICE

SUNDAY 25-Feb	MONDAY 26-Feb	TUESDAY 27-Feb	WEDNESDAY 28-Feb	THURSDAY 29-Feb	FRIDAY 1-Mar	SATURDAY 2-Mar
					Lent Cheese Ravioli Florentine (w/spinach <u>tomato</u> cream <u>sauce</u>) Italian Blend Veg. Garlic Knot w/ Margarine <u>Craisins</u>	 Meal #29564 Thai Ginger Curry Chicken, Graham Cookie, Dinner Roll w/ Margarine
3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
Meal #29654 Pork Chop Patty w/ Gravy Fresh Fruit, Dinner Roll W/ Margarine	*Swedish Meatballs w/ L.S. Swedish Gravy Served over Rice Pilaf Green Peas and Corn Dinner Roll w/ Margarine Fresh Seasonal Fruit (Apple)	Cheese Tortellini w/ Sweet Italian Ground Sausage in a light <u>tomato</u> <u>sauce</u> Cauliflower w/ diced red peppers Scala Bread w/ margarine Fresh Seasonal Fruit (Orange) *High Sodium*	Potato <u>Chicken Strip</u> Stew Brown Rice w/ diced carrots Zucchini and Squash Biscuit w/ Margarine Strawberry Appleyways Bar	Roast Turkey w/ L.S. Gravy O'Brien Potatoes Green Beans Wheat Bread w/ Margarine Birthday Cake w/ whip topping 	Lent wg Potato Cruch Pollock w/ Tartar Sauce pkt. w/ Green Peas Scallop Potatoes Dinner Roll w/ margarine Peach Cup 	Meal #29861 Meatballs w/ Penne, Lemon Cookie, Wheat Breadl w/ Margarine
10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
 Meal #29091 Mac & Beef Casserole, Fresh Fruit, Dinner Roll w/ Margarine	Shepherds Pie *(gr.beef w/ls. gravy, peas,and corn) Mashed Potatoes Mixed Vegetables Corn Bread Loaf w/ margarine Fresh Seasonal Fruit (Orange)	Moroccan Inspired Chicken Thighs over Israeli Cous Cous (1cup) Honey Roasted Brussels Sprouts. Wheat Dinner Roll w/ Margarine Fresh Seasonal Fruit (Apple)	Turkey Bolognese Made with Bow Tie Pasta Broccoli Biscuit w/ margarine Lemon Blueberry Bites	St. Patricks Day Meal Corned Beef and Cabbage Dinner w/ Boiled Potatoes & Carrots Wheat Bread w/ Margarine Lime Gelatin w/ Fruit Cocktail *High Sodium*	Lent Eggplant Parmesan Penne Pasta w/ <u>tomato</u> <u>sauce</u> Italian Green Beans ww Breadstick w/ Margarine Chocolate Chip Cookie 	Meal #29878 Honey Mustard Chicken, Graham Cookie, Dinner Roll w/ Margarine
17-Mar	18-Mar	 19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
 Meal #29766 Chicken w/ Gravy, Fruited Muffin, Dinner Roll w/ Margarine	Broccoli and Cheese Stuffed Chicken Breast w/ L.S. Gravy Served next to Brown Rice Carrot Coins Bread Stick w/ margarine SF Chocolate Pudding Cup 	Salisbury Steak w/ LS.Mushroom Gravy Seasoned Potato Weges Green Peas WW Bread w/ Margarine <u>Raisins</u>	Roast Pork Tenderloin w/ Robert Sauce Sweet Potatoes Spinach Wheat Bread w/ Margarine Fruit Cup (<u>Sliced Apples</u>)	Soup and Sandwich Day <u>Chicken Salad</u> Sandwich on Multigrain Bread w/ Lettuce & Tomato Rainbow Orzo Salad Minestrone Soup (hdm - Heat your own) Oatmeal Cookie 	Lent Golden Macaroni and Cheese (1cup) w/ Stewed Tomatoes Broccoli Garlic Knot w/ margarine Fresh Seasonal Fruit (Orange)	Meal #29565 Cavatappi Bolognese, Fresh Fruit, Wheat Bread w/ Margarine
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
Meal #29847 Oven Broiled Beef Patty w/ Gravy, Fresh Fruit, Wheat Bread w/ Margarine	<u>Chicken</u> Pot Pie w/ Mash Potatoes Asparagus Biscuit w/ margarine Fresh Seasonal Fruit (Pear)	Veal Parmesan w/ <u>tomato</u> <u>sauce</u> Red Roasted Potatoes Lima Beans Scali bread w/ margarine Fresh Seasonal Fruit (Apple)	<u>Grilled Chicken Filet</u> w/ LS Cranberry Gravy Herb Stuffing Butternut Squash Wheat Bread w/ Margarine <u>Craisins</u> 	Beef Stroganoff Served over Egg Noodles Roasted Brussels Sprouts. Wheat Dinner Roll w/ Margarine Fresh Seasonal Fruit (Orange)	Good Friday *Baked Cod or Pollock w/ Butter Crumb Topping Au Gratin Poatoes California Blend Vegetables Wheat Bread w/ Margarine Fruited Muffin 	Meal #29853 3-Cheese Macaroni & Cheese, Graham Cookie, Dinner Roll w/ Margarine Sunday March 31 Easter Sunday Meal #29878 Honey Mustard Chicken
31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr
Easter Sunday						