

**March
2023**

**Chemung County Department of Aging and Long Term Care
Eat Well Live Well Program**

Mon	Tue	Wed	Thu	Fri
		1 Roast Pork with Gravy	2 Meatloaf	3 Fish Nuggets
6 Italian Sausage, Pepper & Onion	7 Chili con Carne	8 Chicken Nuggets	9 Bbq Pork Riblets	10 Fish Fry
13 Ham with Raisin Sauce	14 Bbq Chicken Breast	15 Meatball Sandwich	16 Sloppy Joes	17 Ham and Cabbage
20 Turkey Patty with Cheese	21 Stuffed Cabbage	22 Lasagna with Meat Sauce	23 Chicken Nuggets	24 Fish Sandwich
27 Meatloaf	28 Chili Con Carne	29 Roast Pork with Gravy	30 Chicken Cordon Bleu	31 Fish Nuggets

Menu Subject to change without notice

**Reservations required at least one day in advance.
Make a reservation with your site manager or call 607-737-5520 to sign up.**