






























SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - MARCH 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - ALTERNATE MEAL
FEBRUARY 25	FEBRUARY 26	FEBRUARY 27	FEBRUARY 28 - TASTE OF SALERNO'S	MARCH 1
CHICKEN VESUVIO - 3 OZ. VESUVIO POTATOES - 1/2C SPINACH - 1/2C GARLIC BREAD - 2 OZ. GRAHAM CRACKERS - 2 FRUIT - 1/2C MILK - 8 OZ.	MEAT LOAF - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C SALAD W/TOMATOES - 1C NAVY BEAN SOUP W/PORK - 3/4C RYE BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	TUNA NOODLE CASSEROLE - 1C GREEN PEAS - 1/2C CREAM OF CELERY SOUP - 3/4C FRENCH BREAD - 2SLS. PEACHES W/COTTAGE CHEESE - 1/2C MILK - 8 OZ.	CHICKEN PARMESAN - 2 OZ. ITALIAN SAUSAGE - 2 OZ. MOSTICIOLLI - 1/2C GR BEANS - 1/2C GARLIC BR - 2 OZ. SALAD W/TOMATOES - 1C FRUIT - 1/2C MILK - 8 OZ.	SLOPPY JOE ON A BUN - 3 OZ. MINISTRONE SOUP - 3/4C COLE SLAW - 1/2C PICKLED BEETS 1/2C FRUIT - 1/2C MILK - 8 OZ
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 4	MARCH 5	MARCH 6	MARCH 7	MARCH 8
CHICKEN LEG QUARTER - 3 OZ STUFFING W/GRAVY - 1/2C BROCCOLI & CAULIFLOWER - 1/2C FRENCH BREAD 2SLS. CRANBERRY SAUCE 1/2C MILK - 8 OZ.	BREADED PORK TENDERLOIN - 3 OZ MASHED POTATOES W/GRAVY - 1/2C CABBAGE - 1/2C RYE BREAD - 2 SLS CREAM OF SPINACH SOUP - 3/4C COTTAGE CHEESE W/ORANGES - 1/2C MILK - 8 OZ	CLOSED CASINO TRIP	CHICKEN MARSALA - 3 OZ. BUTTERED ANGEL HAIR PASTA - 1/2C GREEN BEANS - 1/2C GARLIC BR - 4OZ SALAD W/TOMATOES - 1C FRUIT - 1/2C MILK - 8 OZ	PIZZA W/SAUSAGE, CHEESE, ONIONS GR PEPPERS, MUSHROOMS - 2 OZ EA SALAD W/TOMATOES - 1C CREAM OF CELERY SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 11	MARCH 12	MARCH 13	MARCH 14 - ST.PATRICKS CELEBRATION	MARCH 15 - ALTERNATE MEAL
SALISBURY STEAK W/MUSHROOMS AND ONIONS - 3 OZ. MASHED POTATOES - 1/2C PEAS - 1/2C WHEAT BREAD - 2 SLS FRUIT - 1/2C MILK - 8 OZ	CHICKEN PICANTE' - 3OZ. FETTUCCHINE ALFREDO - 1/2C CHICKEN ROSA MARINA SOUP - 3/4C CORN - 1/2C FRENCH BREAD - 2 SLS FRUIT - 1/2C MILK - 8 OZ	TILAPIA - 3 OZ. BAKED POTATO - 4 OZ. SPINACH - 1/2C SALAD W/TOMATOES - 1C FRENCH BREAD - 2 SLS FRUIT - 1/2C MILK - 8 OZ	CORNER BEEF - 3 OZ BOILED POTATOES - 1/2C CABBAGE - 1/2C CARROTS - 1/2C SALAD W/TOMATOES - 1C RYE BREAD - 2 OZ FRUIT - 1/2C MILK - 8 OZ 	SUB SANDWICH OR TURKEY CLUB ON WW BREAD NAVY BEAN SOUP W/PORK - 3/4C COLE SLAW - 1/2C POTATO SALAD - 1/2C FRUIT - 1/2C MILK - 8 OZ
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 18	MARCH 19	MARCH 20	MARCH 21	MARCH 22
SPAGHETTI W/ MEATBALLS - 1/2C, 3OZ. GREEN BEANS - 1/2C SALAD W/TOMATOES - 1C CHICKEN RICE SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ	STUFFED CHICKEN BREAST - 3 OZ STUFFING W/GRAVY - 1/2C MIXED VEGETABLES - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2OZ CRANBERRY SAUCE 1/2C MILK - 8 OZ	PULLED PORK ON A BUN - 3 OZ. BAKED BEANS - 1/2C COLE SLAW - 1/2C POTATO SALAD - 1/2C CREAM OF MUSHROOM SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ	2 CHICKEN TACOS ON WW TORTILLA W/ CHEESE, SALSA, TOMATOES, LETTUCE, SOUR CREAM 3 OZ. REFRIED BEANS - 1/2C SPANISH RICE - 1/2C FRUIT - 1/2C MILK - 8 OZ.	HAM & CHEESE SANDWICH W/ LETTUCE & TOMATO ON WHOLE WHEAT BREAD 3 OZ. CREAM OF BROCCOLI SOUP - 3/4C COTTAGE CHEESE W/PEACHES - 1/2C MILK - 8 OZ
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 25	MARCH 26	MARCH 27 - ALTERNATE MEAL	MARCH 28 - TASTE OF SALERNO'S	MARCH 29
BR PORK TENDERLOIN W/GRAVY - 3 OZ. MASHED SWEET POTATOES W/GRAVY - 1/2C SAUERKRAUT - 1/2C CREAM OF CHICKEN SOUP -3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	CHICKEN CACCIATORE - 3OZ. FETTUCCHINE W/VODKA SAUCE - 1/2C BAKED ZUCCHINI BRUSHED WITH OLIVE OIL NO CHEESE - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	HAMBURGER OR HOT DOG ON A BUN - 3 OZ. CHILI - 3/4C POTATO SALAD - 1/2C FRUIT - 1/2C MILK - 8 OZ	CHICKEN VESUVIO - 2 OZ ITALIAN SAUSAGE - 2 OZ VESUVIO POTATOES - 1/2C SALAD W/TOMATOES - 1C SPINACH - 1/2C TORTELLINI SOUP - 3/4C GARLIC BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ	SWEDISH MEATBALLS W/MUSHROOM GRAVY - 3OZ. CORN -1/2C BUTTERED ANGEL HAIR PASTA - 1/2 SALAD W/TOMATOES - 1C CREAM OF SPINACH SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ

TO RESERVE CALL 708-354-1323

SALERNO'S CONGREGATE ACTIVITIES FOR AGING CARE CONNECTIONS -MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY FEBRUARY 25	TUESDAY FEBRUARY 26	WEDNESDAY FEBRUARY 27	THURSDAY FEBRUARY 28	FRIDAY MARCH 1
12:45 P.M. - BINGO 	12:45 P.M. - FORTUNE BINGO 	12:30 P.M. - ACES CARD GAME 	FLY A FLAG - 3 WINNERS HONOR OUR VETERANS 	12:30 P.M. - NEW CARD GAME BEING INTRODUCED BY BETTY ANN 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY MARCH 4	TUESDAY MARCH 5	WEDNESDAY MARCH 6	THURSDAY MARCH 7	FRIDAY MARCH 8
HUG A VET 10:00 A.M. - ADVISORY COUNCIL MEETING  12:45 P.M. - PO-KENO	10:30 A.M. - MARDI GRAS CELEBRATION - PRIZE FOR BEST OUTFIT PACZI'S - 50 CENTS  12:45 P.M. - FORTUNE BINGO	CASINO TRIP BOARD BUS 8:30-9AM LEAVE SALERNO'S AT 9AM RETURN BOARDING 1:30PM LEAVE HORSESHOE 2PM RETURNING TO SALERNO'S 	12 NOON - PRESENTATION BY HUMANA HEALTH CARE - SUGAR, THE NOT SO SWEET TRUTH 12:45 P.M. - MYSTERY BINGO 	FROZEN FOOD GIVE-A-WAY ONE WINNER 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY MARCH 11	TUESDAY MARCH 12	WEDNESDAY MARCH 13	THURSDAY MARCH 14	FRIDAY MARCH 15
12:45 P.M. - PO-KENO 	12:45 P.M. - FORTUNE BINGO 	EAR MUFF DAY  2 WINNERS	POTATO CHIP / POPCORN DAY ST. PATRICK'S DAY CELEBRATION  12:45 - BINGO 	ICE CREAM SOCIAL DONATION \$1.00 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY MARCH 18	TUESDAY MARCH 19	WEDNESDAY MARCH 20	THURSDAY MARCH 21	FRIDAY MARCH 22
12:45 P.M. - PO-KENO 	12:45 P.M. - FORTUNE BINGO 	12:30 P.M. - HEARTLAND BANK SPONSORS BINGO 	10:30AM - PVFD - BLOOD PRESSURE & BLOOD GLUCOSE CHECKS 12:45 P.M. - BINGO 	BOARD GAMES 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY MARCH 25	TUESDAY MARCH 26	WEDNESDAY MARCH 27	THURSDAY MARCH 28	FRIDAY MARCH 29
12:45 P.M. - PO-KENO 	12:45 P.M. - FORTUNE BINGO  SPINACH DAY 	12:30 P.M. - ACES CARD GAME 	12:45 P.M. - BINGO 	12:30 PM - BOARD GAMES 