

Lunch is served Monday through Friday from 12:00pm to 12:30pm at the Petoskey Friendship Center and at the Huber Senior Center.

# MARCH 2026

The minimum suggested donation for Congregate Meals and Meals on Wheels is \$3.00 per meal for those 60 years and older. Guests (under 60) can purchase a \$5.00 lunch pass.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Turkey in Mole Sauce Cilantro Rice with Quinoa Sweet Potatoes Pineapple Tidbits Tortillas	<b>3</b> Pork Chops with Parmesan Peppercorn Sauce Au Gratin Potatoes Mixed Vegetables Diced Pears Whole Grain Biscuit	<b>4</b> Lemon Pepper Baked Chicken Roasted Brussels Sprouts Carrots Spiced Cranberry Sauce Breadstick	<b>5</b> Chop Suey Rice Stir-Fried Vegetables Fruit Cocktail Hawaiian Roll	<b>6</b> Pollock Nuggets Tomato-Herb Couscous Vegetable Blend Citrus Salad Whole Grain Pull-apart Roll
<b>9</b> Franks & Beans German-Style Potato Salad Warm Winter Slaw Apricot Halves Cornbread Bites	<b>10</b> <i>Starts at 11:30am</i> Soup & Salad Bar Bananas Sourdough	<b>11</b> Hot Turkey Sandwich with Roasted Turkey Gravy Mashed Potatoes Peas Strawberry Chia Pudding	<b>12</b> Cheese Omelet Hashbrowns Peppers & Onions Berry Yogurt Parfait Cinnamon Roll	<b>13</b> Miso Cod Sesame Spinach Rice Diced Mango
<b>16</b> Creamy Chicken with Cavatappi Pasta Broccoli Stewed Tomatoes Mandarin Oranges Breadstick	<b>17</b> Corned Beef Cabbage Potatoes Whole Wheat Bread	<b>18</b> Turkey Chili Beets Green Beans Cherry Applesauce Corn Muffin	<b>19</b> Chicken Fajitas Refried Beans Corn Pineapple Tidbits Tortillas	<b>20</b> Herb-Crusted Salmon Spinach Vegetable Blend Berries with Lemon Curd Sweet Yeast Roll
<b>23</b> Pineapple-Glazed Chicken Thighs Mashed Sweet Potatoes Edamame Diced Mango Hawaiian Roll	<b>24</b> Beef & Lentil Stew Green Beans Cauliflower Pears with Caramel & Hazelnuts Baguette	<b>25</b> Roasted Chicken Succotash Sour Cream & Cheddar Grits Diced Peaches Southern Biscuit	<b>26</b> <i>Starts at 11:30am</i> <b>Congregate:</b> Soup & Salad Bar Fresh Oranges <b>MOW:</b> Cook's Choice	<b>27</b> Krabby Cakes Golden Rice Key West Vegetable Blend Mandarin Oranges Breadstick
<b>30</b> Sweet & Sour Turkey Meatballs Brown Rice Bok Choy Mandarin Oranges Sweet Yeast Roll	<b>31</b> Chicken Pesto Pasta Spinach Stewed Tomatoes Apricot halves Focaccia	<b>chia</b> (CHEE-uh) a nutrient-dense seed high in fiber and omega-3s <b>mole</b> (MO-lay) a rich Mexican sauce, savory-sweet & earthy. <b>quinoa</b> (KEEN-wah) a seed native to South America, high in fiber, and a complete protein	<b>couscous</b> (KOOSkooos) not a grain but technically a type of pasta, made from semolina, originally from North Africa <b>succotash</b> , a corn-based side dish with other hotly-contested ingredients, often peppers, beans, tomatoes, & garlic	<b>miso</b> (MEE-so) a savory, traditional Japanese fermented paste, usually soybean-based <b>edamame</b> (ed-uh-MOM-ay) young green soybeans, high in protein and fiber