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Greater Wakefield Resource Center

CONGREGATE MEALS FOR THE 60+ POPULATION

DINE IN 11:45 TO 12:00		March 2025 Greater Wakefield Resource Center					PICK UP MEAL FROM 12:00 TO 12:15
If Possible Please Call Before 10:00 AM 603 473-8324 To Reserve Your Meal		254 Main Street P.O. Box 96 Union, NH 03830 Hours of operation 9-2 Monday-Friday Greaterwakefieldresourcecenter.net Donations are needed to support this program					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
If Paul School in Wakefield is delayed or closed, there will be no lunch or Bingo	3 Bingo 10 A.M. Baked Ziti w/sausage Small salad Garlic bread Dessert	4	5 French dip Sandwich w/au jus Small salad Dessert	6 Bingo 10 A.M. Corn chowder Chicken salad wrap 3-Bean salad Dessert	7		
Milk and Fresh Fruit is offered with every meal to all our customers.	10 Bingo 10 A.M. Italian cold cut calzone Tossed salad Pasta salad Dessert	11	12 Grilled Turkey, stuffing, cranberry sandwich, Tater tots Small salad Dessert	13 Bingo 10 A.M. Chicken Alfredo over linguine, Spinach salad, Roll, Dessert	14	15 OCCASIONALLY CHANGES HAVE TO BE MADE TO THE MENU THANK YOU FOR YOUR UNDERSTANDING	
16	17 Bingo 10 A.M. Corned Beef, Cabbage, Potatoes, Carrots, Turnip, Bread, Dessert	18	19 Stuffed sole w/cream sauce, Rice pilaf, Green beans, Roll, Dessert	20 Bingo 10 A.M. Mac and cheese w/ham, Cole slaw, Corn bread, Dessert	21	22	
23	24 Bingo 10 A.M. Roast Pork Dinner Sweet potato Butternut squash Roll, dessert	25.	26 Baked ham w/sauce Oven roasted potato Carrots, dinner roll, dessert	27 Bingo 10 A.M. Chicken Cordon Bleu casserole over rice, Broccoli & cauliflower Roll, dessert	28	29REMEMBER Daily healthy eating includes 	
30	31 Bingo 10 AM Cream of Tomato Soup Grilled cheese Small salad Dessert					GRAINS: 6 servings PROTEIN: 6 ounces DAIRY: 2 to 3 cups VEGGIES: 2.5 cups FRUIT 2 cups Limit foods high in sugar & fat	