

march

Meals on Wheels Menu

Congregate Meals will resume at a later date

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Broccoli Casserole Baked Potato Prince Charles Blend Tapioca Pudding Roll	2 Meatloaf w/Gravy Garlic Mashed Potatoes Peas/Italian Vegetable Fresh Orange	3 Ham (low sodium) Scalloped Potatoes Brussel Sprouts Baked Apples Roll	4 Beef Stroganoff Egg Noodles French Cut Beans Peach Halves Roll	5 Oven Baked Fish Scalloped Potatoes Hot Vegetable Salad Apricots Roll
8 Stuffed Cabbage Oven Roasted Potatoes Parsley Carrots Fresh Pear Breadstick	9 Chicken Breast w/gravy Whole Potatoes Carrots Fruit Medley Roll	10 Italian Ravioli Broccoli Cuts Three Bean Salad Fruit Cocktail Roll	11 Sweet & Sour Meatballs w/Rice Sugar Snap Peas Oriental Blend Vegetable Orange Salad Roll	12 Baked Cod Sliced Potatoes Peas Orange Bread
15 Chinese Pepper Steak w/Brown Rice Cut Green Beans Broccoli Cuts Apple Breadstick	16 Pork Chop Creole Roasted Potatoes Asparagus Peach Slices Wheat Bread	17 Smothered Chicken Red Skin Potatoes Mixed Vegetable Fruit Cocktail Wheat Bread	18 Bratwurst w/Bun German Potato Salad Sauerkraut Apple	19 Lemon Pepper Cod Oven Roasted Potatoes Capri Blend Vegetable Orange Wheat Roll
22 Macaroni & Cheese Baby Beats Romaine Salad Fruit Salad Corn Muffin	23 Chicken Cutlet Roasted Potatoes Broccoli Cuts Fresh Pear Breadstick	24 Turkey w/vegetables Egg Noodles Garden Salad Grapes Roll	25 Turkey Burger w/bun Tomato Salad Three Bean Salad Red Apple	26 Tuna Pasta Salad Shredded Lettuce Peas Sliced Peaches Mini Muffin
29 Stuffed Green Pepper Sliced Potatoes Normandy Vegetable Apricots Wheat Bread	30 Meatloaf w/gravy Whole Potatoes Brussel Sprouts Grapes Roll	31 Breaded Pork Patty Red Skin Potatoes Peas Applesauce Roll	Grab & Go Lunches Available Monday - Friday Pick-up begins at noon <i>\$3 suggested donation</i> Call 24 hours in advance to reserve a meal: 248.659.1032	

