

Meals on Wheels

Luncheon Menu (served every Tuesday and Thursday)



MARCH

2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1 SPAGETTI w/meat sauce, corn, cottage cheese, pears & garlic toast.	2 BEANS-N-FRANKS, tator-tots, mac&cheese, mixed fruit & roll. CHICKEN STRIPS, potato, green beans, mixed fruit	3 CHICKEN STRIPS, potatoes & gravy, peas, pineapple & roll.
6 CHICKEN FRIED STEAK, potatoes & gravy, mixed vegetables, pears & roll.	7 GROUND ROUND, potatoes & gravy, peas, mixed fruit & roll. GROUND ROUND w/fried onions, potatoes & gravy, corn & peaches.	8 BEEF STROGANOFF over NOODLES, green beans, peaches & roll.	9 FISH, au gratin potatoes, carrots, applesauce & roll. MANDARIN ORANGE CHICKEN over RICE, egg roll & orange wedge.	10 CHICKEN PARMESAN, red potatoes, corn, tropical fruit & roll.
13 CHICKEN CUTLET, potatoes & gravy, peas, peaches & roll.	14 BEEF-n-BEAN BURRITOS, Spanish rice, corn, cantaloupe, chips & salsa. TACO SALAD, mandarin oranges.	15 TURKEY w/DRESSING, potatoes & gravy, peas & carrots, fruit cocktail & roll.	16 STUFFERD GREEN PEPPERS, potatoes & gravy, green beans, applesauce & roll. HAM DINNER w/trimmings.	
20 SALISBURY STEAK, potato, carrots, peaches & roll.	21 CHICKEN CHOW MEIN over NOODLES, stirfry vegetables, egg roll, orange wedge & roll. BREAKFAST, hash browns, eggs, sausage, biscuit & gravy, fruit, milk & juice	22 TUNA CASSEROLE, peas & carrots, pears & roll.	23 PORK CHOP, potatoes & gravy, green beans, applesauce & roll. POTATO BAR w/ trimmings 	24 CHICKEN SALAD SANDWICH, potato salad, mixed fruit & chips.
27 CHICKEN CORDON BLEU, potatoes & gravy, peas, pears & roll.	28 BBQ RIBLET, mac & cheese, pork-n-beans, applesauce, cookie & roll. FISH, potato, carrots, coleslaw & pineapple	29 MEAT LOAF, potatoes & gravy, Mixed vegetables, tropical fruit & roll.	30 CHEESE ENCHILADA, corn, orange wedge, chips & salsa. CHEESE ENCHILADA, corn, orange wedge, chips & salsa	31 CHICKEN DRUMMETTS, potatoes & gravy, green beans, peaches & rolls.