



MEALS ON WHEELS

March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p><u>Three Cheese Turkey</u></p> <p><u>Pasta</u></p> <p>Whole Wheat Pasta 5 Way Vegetable Medley Mandarin Orange Cup</p>	<p style="text-align: right;">4</p> <p><u>Chicken Posole Soup</u></p> <p>Spanish Brown Rice Peach Cup Dessert</p>	<p style="text-align: right;">5</p> <p><u>Cheesy Chicken & Rice Casserole</u></p> <p>Mixed Vegetable Blend Mixed Fruit Cup Dessert</p>	<p style="text-align: right;">6</p> <p><u>Cheeseburger</u></p> <p>Whole Wheat Bun Vegetarian Baked Beans Applesauce Cup</p>	<p style="text-align: right;">7</p> <p><u>Baked Fish with Herb Sauce</u></p> <p>Barley Risotto Brussel Sprouts Dessert <i>Alt: Baked Chicken with Herb Sauce</i></p>
<p style="text-align: right;">10</p> <p><u>BBQ Chicken</u></p> <p>Brown Rice Vegetable Blend Pineapple Cup Dessert</p>	<p style="text-align: right;">11</p> <p><u>Meatloaf</u></p> <p>Mashed Potatoes and Gravy Peas Applesauce Cup</p>	<p style="text-align: right;">12</p> <p><u>Spaghetti with Meat Sauce</u></p> <p>5 Way Vegetable Medley Peach Cup</p>	<p style="text-align: right;">13</p> <p><u>Tater Tot Hotdish</u></p> <p>Shredded Cheddar Cheese Carrot Coins Dessert</p>	<p style="text-align: right;">14</p> <p><u>Mustard Herb Fish</u></p> <p>Brown & Wild Rice Pilaf Green Beans Pear Cup Dessert <i>Alt: Mustard Herb Chicken</i></p>
<p style="text-align: right;">17</p> <p><u>Maple Mustard Pork Loin</u></p> <p>Herb Quinoa Roasted Root Vegetables Pear Cup <i>Alt: Maple Mustard Chicken</i></p>	<p style="text-align: right;">18</p> <p><u>Chicken Dumpling Stew</u></p> <p>Green Beans Applesauce Cup</p>	<p style="text-align: right;">19</p> <p><u>Lentil Taco Bowl</u></p> <p>Spanish Rice Corn, Carrots, and Green Beans Dessert</p>	<p style="text-align: right;">20</p> <p><u>Salisbury Steak</u></p> <p>Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Mixed Fruit Cup Dessert</p>	<p style="text-align: right;">21</p> <p><u>Baked Cod</u></p> <p>Sauteed Garlic Vegetables Brown Rice Edamame Mandarin Orange Cup Dessert <i>Alt: Baked Chicken</i></p>
<p style="text-align: right;">24</p> <p><u>Beef Lasagna</u></p> <p>Tuscan Vegetable Medley Peach Cup</p>	<p style="text-align: right;">25</p> <p><u>Bake Ham w/ Mustard Apple Glaze</u></p> <p>Mashed Potatoes Green Beans Fruit Cocktail Dessert <i>Alt: Baked Chicken w/ Mustard Apple Glaze</i></p>	<p style="text-align: right;">26</p> <p><u>Chicken Chili</u></p> <p>Cilantro Lime Brown Rice Pineapple Cup Dessert</p>	<p style="text-align: right;">27</p> <p><u>Fish Taco Bowl</u></p> <p>Cuban Beans and Rice Pineapple Mango Salsa Corn Apple Slices <i>Alt: Chicken Taco Bowl</i></p>	<p style="text-align: right;">28</p> <p><u>Butternut Squash and Lentil Soup</u></p> <p>Corn, Carrots, and Green Beans Dinner Roll w/ Butter Dessert</p>
<p style="text-align: right;">31</p> <p><u>Beef Chili</u></p> <p>Shredded Cheddar Cheese Corn Cornbread Muffin w/ Butter Mixed Fruit Cup</p>				

We do our best to accommodate choices, however meal substitutions may be necessary based on availability. To contact Meals on Wheels, call your local program, or Metro Meals on Wheels at 651-318-9091. A beverage choice of milk or juice is served with every meal. Call to order weekend meals. Monthly choice meals are:

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|---|--------------------------|
| 1) Baked French Toast with Turkey Sausage | 3) Butternut Squash Soup |
| 2) Beef Chili | 4) Fish Taco Bowl |

* For Roseville Area residents, see Roseville Meals on Wheels Menu at: <https://communityed.isd623.org/adults/meals-on-wheels>



MEALS ON WHEELS

APRIL 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<u>Southwest Turkey Taco Bowl</u> Black Beans and Rice Italian Vegetable Blend Pineapple Cup Dessert	<u>Greek Chicken Pasta</u> Whole Wheat Pasta Diced Carrots Cinnamon Applesauce Dessert	<u>Mac and Cheese</u> Peas Fruit Cocktail	<u>Gigner Soy Fish</u> Brown Rice Asian Vegetable Medley Pear Cup Dessert <i>Alt: Ginger Soy Chicken</i>
7	8	9	10	11
<u>Three Cheese Turkey Pasta</u> Whole Wheat Pasta 5 Way Vegetable Medley Mandarin Orange Cup	<u>Cheesy Chicken & Rice Casserole</u> Mixed Vegetable Blend Mixed Fruit Cup Dessert	<u>Chicken Posole Soup</u> Spanish Brown Rice Peach Cup Dessert	<u>Cheeseburger</u> Whole Wheat Bun Cheddar Cheese Vegetarian Baked Beans Applesauce Cup	<u>Baked Fish with Herb Sauce</u> Barley Risotto Brussel Sprouts Dessert <i>Alt: Baked Chicken with Herb Sauce</i>
14	15	16	17	18
<u>BBQ Chicken</u> Brown Rice Chuckwagon Vegetable Blend Pineapple Cup Dessert	<u>Meatloaf</u> Mashed Potatoes and Gravy Peas Applesauce Cup	<u>Spaghetti with Meat Sauce</u> 5 Way Vegetable Medley Peach Cup	<u>Tater Tot Hotdish</u> Shredded Cheddar Cheese Carrot Coins Dessert	<u>Mustard Herb Fish</u> Brown & Wild Rice Pilaf Green Beans Pear Cup Dessert <i>Alt: Mustard Herb Chicken</i>
21	22	23	24	25
<u>Maple Mustard Pork Loin</u> Herb Quinoa Roasted Root Vegetables Pear Cup <i>Alt: Maple Mustard Chicken</i>	<u>Chicken Dumpling Stew</u> Green Beans Applesauce Cup	<u>Lentil Taco Bowl</u> Spanish Rice Corn, Carrots, and Green Beans Dessert	<u>Salisbury Steak</u> Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Mixed Fruit Cup Dessert	<u>Baked Cod</u> Sautéed Garlic Vegetables Brown Rice Edamame Mandarin Orange Cup Dessert <i>Alt: Baked Chicken</i>
28	29	30		
<u>Beef Lasagna</u> Tuscan Vegetable Medley Peach Cup	<u>Fish Taco Bowl</u> Cuban Beans and Rice Pineapple Mango Salsa Corn Apple Slices <i>Alt: Chicken Taco Bowl</i>	<u>Chicken Chili</u> Cilantro Lime Brown Rice Pineapple Cup Dessert		

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|---------------------------------------|-------------------------------|
| 1) Sesame Chicken and Vegetables | 3) Squash Casserole |
| 2) Baked Ham with Mustard Apple Glaze | 4) Baked Fish with Herb Sauce |

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