



MEALS ON WHEELS

March 2020 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<u>BEEF LASAGNA</u> Steamed Broccoli Baby Carrots Dinner Roll & Butter Blueberry Muffin	<u>ROAST TURKEY DINNER</u> with Gravy Green Beans Stuffing Mixed Fruit M&M Cookie	<u>BEEF QUESADILLA</u> Spanish Rice Peppers & Onions Fruit Cocktail	<u>CHEESY HAM & BROCCOLI CASSEROLE</u> Scandinavian Vegetable Blend Applesauce <i>alt: chicken broccoli casserole</i>	<u>TUNA MELT</u> on toast with cheddar Peas & Carrots Mixed Fruit Sugar Cookie <i>alt: chicken melt</i>
9	10	11	12	13
<u>SOUTHWEST TURKEY BOWL</u> Spanish Rice Corn and Bean Salsa Vegetable Blend Coffee Crumble Cake Fruit Cocktail	<u>GREEK LEMON CHICKEN</u> Roasted Potatoes Diced Carrots Dinner Roll & Butter Mandarin Oranges	<u>SPAGHETTI WITH MEAT SAUCE</u> Steamed Broccoli Dinner Roll & Butter Peach Crumble	<u>BAKED HAM</u> with Citrus Glaze Baked Potato & Butter Brussels Sprouts Dinner Roll & Butter Diced Pears <i>alt: baked chicken</i>	<u>PARMESAN CRUSTED FISH</u> Brown Rice Pilaf California Vegetables Baby Carrots Snickerdoodle Cookie <i>alt: parmesan chicken</i>
16	17	18	19	20
<u>BEEF TIPS IN GRAVY</u> over Egg Noodles Peas and Carrots Fresh Fruit Mix	<u>JAMAICAN CHICKEN</u> Mashed Sweet Potato Okra and Tomatoes Dinner Roll & Butter Fruit Cocktail	<u>PORK STIR FRY</u> Brown Rice Asian Vegetable Blend Warm Sliced Apples Chocolate Cookie <i>alt: chicken stir fry</i>	<u>TURKEY TETRAZZINI</u> Egg Noodles Steamed Broccoli Spice Cookie	<u>CUBAN BEEF</u> Black Beans and Rice Assorted Vegetables Plums Bread Pudding
23	24	25	26	27
<u>CHILII MAC CASSEROLE</u> Baked Apples Green Beans Cranberry Date Muffin	<u>HERB ROASTED PORK</u> Mashed Sweet Potatoes Lima Beans Dinner Roll & Butter Oatmeal Choc. Chip Cookie <i>alt: roasted chicken</i>	<u>BAKED CHICKEN CASSEROLE</u> Rotini Pasta, Shredded Chicken, Onion, and Spinach in Creamy Sauce Zucchini Peaches	<u>BEEF POT ROAST</u> Mashed Potatoes & Gravy Peas and Carrots Dinner Roll & Butter Molasses Cookie	<u>BREAKFAST HASH</u> Cheesy Egg Scramble over Roasted Potatoes Baked Apple Slices English Muffin & Butter
30	31			
<u>BBQ CHICKEN DRUMSTICKS</u> Roasted Sweet Potatoes Collard Greens Dinner Roll & Butter Fruit Cocktail	<u>SALISBURY STEAK</u> Egg Noodles with Mushroom Gravy Diced Carrots Applesauce Oatmeal Butterscotch Cookie			

You can reach Meals on Wheels at 651-318-9091. 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) Salisbury Steak | 3) Eggplant Parmesan |
| 2) BBQ Chicken Drumsticks | 4) Tuna Melt |