

Meals on Wheels MARCH 2020 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
2	3	4	5	6	7	8
Beef Lasagna Broccoli & baby carrots Dinner Roll w/butter Blueberry Muffin	Roast Turkey w/gravy, Green Beans, Stuffing Mixed Fruit M & M Cookie	Beef Quesadilla Spanish Rice Peppers & Onion Fruit Cocktail	Cheesy Ham Casserole Scandinavian veggies Applesauce ALT: Chicken Casserole	Tuna Melt on toast w/Cheddar Cheese Peas & Carrots Mixed Fruit Sugar Cookie ALT: Chicken Melt	Chili Mac casserole Delivered Thurs 3/5	BBQ Chicken Drumstick Delivered Thurs 3/5
9	10	11	12	13	14	15
SW Turkey Bowl Spanish Rice Corn & Bean Salsa Vegetable Blend Coffee Cake Fruit Cocktail	Greek Lemon Chicken Roasted Potatoes Diced Carrots Dinner Roll & Butter Mandarin Oranges	Spaghetti w/meat sauce Steamed Broccoli Dinner Roll & Butter Peach Crumble	Baked Ham w/citrus Glaze, Baked potato, Brussel Sprouts Dinner Roll & Butter Diced Pears ALT: Chicken Stir Fry	Parmesan Crusted Fish , Brown Rice, California Veggies, Baby Carrots, Snickerdoodle cookie ALT: Parm. Chicken	Roast Turkey Delivered Thurs 3/12	Beef Pot Roast Delivered Thurs 3/12
16	17	18	19	20	21	22
Beef Tips in Gravy Over Egg Noodles Peas & Carrots Fresh Fruit Mix	Jamaican Chicken Mashed Sweet Potato Okra & Tomatoes Dinner Roll & Butter Fruit Cocktail	Pork Stir Fry Brown Rice Asian Veggie Blend, Warm Sliced Apples Chocolate Cookie ALT: Chicken Stir Fry	Turkey Tetrazzini Egg Noodles Steamed Broccoli Spice Cookie	Cuban Beef Black Beans & Rice, Veggies, Plums Bread Pudding	Beef Quesadilla Delivered Thurs 3/19	Rosemary Chicken Delivered Thurs 3/19
23	24	25	26	27	28	29
Chili Mac Casserole Green Beans Baked Apples Cranberry Date Muffin	Herb Roasted Pork Mashed Sweet potatoes, Lima Beans Dinner roll & butter Oatmeal Choc. Cookie ALT: Roasted Chicken	Baked Chicken Casserole shredded chicken, onion, spinach & cream sauce, Zucchini Peaches	Beef Pot Roast Mashed potatoes w/gravy Peas & Carrots Dinner roll w/butter Molasses Cookie	Breakfast Hash Cheesy Egg Scramble over Roasted Potatoes Baked Apple Slices English Muffin	Salisbury Steak Delivered Thurs 3/26	Cilantro Lime Chicken Delivered Thurs 3/26
30	31	Call 651-3123 to Order ALT Meal in yellow or Weekend & Choice Meals in Purple		ALL Meals are served with your Choice of 1% Milk OR a variety of Juices	April 4	April 5
BBQ Chicken Drumsticks Roasted sweet Potatoes Collard Greens Dinner Roll Fruit Cocktail	Salisbury Steak Egg Noodles & Gravy Diced Carrots Applesauce Oatmeal butterscotch cookie				Sloppy Joe Delivered Thurs 4/2	Breakfast Sandwich Scrambled Egg, Turkey, Cheese Delivered Thurs 4/2

MARCH CHOICE MEALS Call 651-653-3123

1. Salisbury Steak 2. BBQ Chicken Drumsticks 3. Roast Turkey 4. Tuna Casserole