

Meals on Wheels March 2021 Menu – Contact Debbie at 651-653-3123

| MONDAY 1 | TUESDAY 2 | WEDNESDAY 3 | THURSDAY 4 | FRIDAY 5 | SAT 6 | SUN 7 |
|---|---|--|--|---|---|---|
| Salisbury Steak Mushroom gravy over egg noodles Diced carrots Applesauce, Oatmeal Butterscotch cookie | Baked Mahi Mahi Fish pieces in a creamy spinach sauce over egg noodles, Italian veggies Chocolate pudding ALT: Baked Chicken | Breakfast Hash Cheesy egg scramble over roasted potatoes Turkey sausage links Warm pears English Muffin | Herb Roasted Pork w/gravy, mashed sweet potatoes, sliced zucchini, Dinner roll Oatmeal Choc. Cookie ALT: Herb Chicken | Beef Meatloaf Mashed potatoes California veggies Dinner roll Fruit cocktail | Sloppy Joe Delivered Thurs 3/4 | Turkey Tetrazzini Delivered Thurs 3/4 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Roast Turkey (breast) w/gravy, homemade stuffing, green beans Diced peaches Pumpkin spice muffin | Beef Lasagna Steamed broccoli Baby carrots Oatmeal breakfast cookie | Beef Chili Ground beef & beans in tomato sauce Sliced carrots Applesauce Corn muffin | Tuna Melt Tuna salad topped w/cheddar cheese Peas & carrots Sugar Cookie, Toast ALT: Chicken Melt | Baked Ham mustard apple glaze, Scalloped potatoes, Green peas Dinner roll Fresh Fruit cup ALT: Baked Chicken | Herb Roasted Pork Delivered Thurs 3/11 | Sweet & Sour Chicken Delivered Thurs 3/11 |
| 15 | 16 | 17 | NEW 18 NEW | 19 | 20 | 21 |
| Parmesan Crusted Fish , Brown Rice, California Veggies, Baby Carrots, cookie ALT: Parm. Chicken | Beef Stew Onions, potatoes & carrots in gravy Sweet Peas Pineapple, Dinner roll | SW Turkey Bowl Ground turkey over Spanish rice, corn & bean salsa, veggie blend, Brownie | Turkey Burger Mashed potato, Green beans, Fruit cocktail Burger bun & condiments | Spaghetti w/meat sauce Warm diced pears Steamed Broccoli Peach cobbler cookie | Beef Pot Roast Delivered Thurs 3/18 | Orange Chicken Delivered Thurs 3/18 |
| 22 | 23 | 24 | 25 | NEW 26 NEW | 27 | 28 |
| Chix Enchilada Bake Chicken, veggies w/cheese & sauce, Corn & peppers Veggie blend Choc. Chip cookie | Beef Sloppy Joe Mashed potatoes Diced carrots Fresh fruit Mix Whole wheat bun | Turkey Tetrazzini Mixed Veggies, egg noodles, cream sauce, Broccoli, Baked apples Spice Cookie | Sweet & Sour Chicken Pineapple & peppers, Asian Vegetables, Brown Rice & Cinnamon coffee cake Muffin | Ground Beef & Noodle Casserole Egg noodles Broccoli & Baby carrots Diced Pears | Beef Chili Delivered Thurs 3/25 | Rosemary Chicken Delivered Thurs 3/25 |
| 29 | NEW 30 NEW | 31 | ALL Meals are served with Choice of 1% Milk OR Juice variety | | Call 651-653-3123 to Order ALT Meal in yellow OR Weekend Meals | |
| Beef Pot Roast Beef & Gravy, mashed potatoes, Peas & Carrots, Dinner Roll Molasses Cookie | Hungarian grilled Chicken w/mushrooms Onion, tomato over barley, Brussel sprouts Fruit cocktail | Chili Mac Casserole Ground beef, noodles in tomato sauce Green beans, baked apples, M&M cookie | | | | |

March CHOICE MEALS Call 651-653-3123

1. Rosemary Chicken 2. Beef Pot Roast 3. Breakfast Hash 4. Ginger Fish