

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
1	2	3	4	5	6	7
Salisbury Steak Mushroom gravy over egg noodles Diced carrots Applesauce, Oatmeal Butterscotch cookie	Beef Meatloaf Mashed potatoes California veggies Dinner roll Fruit cocktail	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	Baked Mahi Mahi Fish pieces in creamy spinach sauce over egg noodles Italian Veggies Chocolate Pudding ALT: Baked Chicken	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	Baked Ham mustard apple glaze, Scalloped potatoes, Green peas Dinner roll Fresh Fruit cup ALT: Baked Chicken	Tuna Melt Tuna salad topped w/cheddar cheese Peas & carrots Sugar Cookie, Toast ALT: Chicken Melt	Herb Roasted Pork Delivered Thurs 3/11	Sweet & Sour Chicken Delivered Thurs 3/11
15	16	17	NEW 18 NEW	19	20	21
Spaghetti w/meat sauce Warm diced pears Steamed Broccoli Peach cobbler cookie	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	Parmesan Crusted Fish , Brown Rice, California Veggies, Baby Carrots, cookie ALT: Parm. Chicken	Beef Pot Roast Delivered Thurs 3/18	Orange Chicken Delivered Thurs 3/18
22	23	24	25	26	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	Ginger Soy Fish Fish Fillet w/sweet Asian glaze Brown rice pilaf Asian Veggies 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