


Meals on Wheels Menu – MARCH 2026

For Changes / Questions Contact: Jamie at 651-653-3123; Text: 612-430-9614; MealsonWheels@isd624.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
2	3	4	5	6	7	8
Garlic Parmesan Pork Wild rice pilaf, corn, dessert ALT: Garlic Parmesan Chicken	Beef Cottage Pie Mashed potatoes, carrots, corn, peas green beans, pear cup	Chicken Swiss & Mushroom Whole wheat egg noodles, carrots, dessert	Beef Chili Brown rice, cheddar cheese, cornbread muffin, apple slices	Herb Baked Fish Mediterranean barley pilaf, sweet potatoes, banana ALT: Herb Chicken	Macaroni & Cheese Delivered: Fri, 3/5	Beef Tacos Delivered: Fri, 3/5
9	10	11	12	13	14	15
COLD Mediterranean Veggie Pasta chickpeas, roasted veggies, feta, Italian dressing, dessert	Sweet & Sour Chicken brown rice, broccoli, fruit cup	Meatloaf Mashed potatoes, gravy, veggie blend, dessert	Potato Soup w/ Ham Dinner roll, applesauce ALT: Potato Soup	Fish Taco Bowl Beans, rice, pineapple mango salsa, corn, dessert ALT: Chicken Taco Bowl	Roast Turkey Dinner Delivered: Thu, 3/12	Ground Pork Fried Rice Delivered: Thu, 3/12
16	17	18	19	20	21	22
Breakfast Sandwich Turkey sausage, egg patty, provolone, English muffin, potato hash, banana	Beef Cabbage Roll Bowl White rice, peas and carrots, applesauce, dessert	Three Cheese Turkey Pasta whole wheat pasta, Capri veggies, fruit cup	Macaroni & Cheese Whole wheat elbow noodles, veggie blend, dessert	Mustard Herb Fish wild rice pilaf, corn, dessert ALT: Mustard Herb Fish	Beef Cottage Pie Delivered: Thu, 3/19	Blueberry Sheet Pan Pancakes Delivered: Thu, 3/19
23	24	25	26	27	28	29
Roast Turkey Dinner whole wheat stuffing, gravy, glazed carrots, dessert	Chicken Stew w/ Spaetzle peas, cornbread muffin, fruit cup	Beef Lasagna Carrots, corn, green beans, peas, fruit cup	Salisbury Steak Whole wheat egg noodles, mushroom gravy, mixed veggies, apple slices	Tuna Noodle Casserole Wheat egg noodles, green beans, carrots, dessert ALT: Chicken	Beef & Cabbage Stir Fry Delivered: Thu, 3/26	Garlic Parmesan Pork Delivered: Thu, 3/26
30	31					
Beef and Barley Stew Peas, dinner roll, applesauce	Chicken Wild Rice Hotdish corn, fruit cup					

MARCH CHOICE MEALS: 1. Chicken Spaetzle Soup 2. Salisbury Steak 3. Mushroom Wild Rice Hotdish 4. Tuna Casserole