





Meals on Wheels Menu

March
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		1	2	3
		Diced Beef with Potatoes & Burgundy Wine Sauce Broccoli Florets Fruit	Cheese Tortellini with Beef & Marinara Sauce Green & Black Beans Orange	BBQ Chicken Breast O'Brien Red Potatoes Spinach Pumpkin Bar with Raisins
6	7	8	9	10
Four Cheese Rollette with Marinara Garden Peas & Carrots Mandarin Oranges with Cream	Mild Mexican Chili with Crackers Rice Pilaf Broccoli Normandy Peaches	Stuffed Chicken with Gravy Mashed Red Potatoes French Green Beans Chocolate Raspberry Birthday Cake 	Beef & Cheddar Burger on a Roll Baked Beans Sliced Carrots with Parsley Clementine	Sweet 'n Sour Meatballs Vegetable Spanish Rice with Diced Tomatoes, Peas & Carrots Broccoli Florets Applesauce
13	14	15	16	17
Minestrone Bean Soup with Crackers Winter Mixed Veggies Apricots with Vanilla Yogurt	Bacon & Onion Quiche Three Bean Medley Pineapple Tidbits	Beef Round Boiled Potatoes Cabbage & Carrots in Beef Stock Leprechaun Cake with Frosting	Chicken Parmesan Linguine with Sauce Brussels Sprouts Fruit Cocktail	Happy St. Patrick's Day!  Pork Chop with Sauce & Apple Bits Home Fries Diced Beets Pumpkin Cake with Cream
20	21	22	23	24
Welcome Spring!  Vegetable Chow Mein Brown Rice Pilaf with Black Beans Capri Vegetables Tapioca Pudding with Mandarin Oranges	Cavatappi & Cheese with Ham Mixed Vegetables Glazed Beets Pineapple Tidbits	Roast Turkey with Cranberry Apple Gravy Mashed Potatoes Carrots Pumpkin Custard	Roast Pork with Sauce Mashed Yams Peas & Onions Oatmeal Raisin Cookie	Beef Burgundy with Onions over Egg Noodles Sliced Carrots Green Beans Oranges
27	28	29	30	31
Spinach, Cheddar & Ricotta Pie with Zucchini & Summer Squash Home Fries Bahama Blend Vegetables Applesauce with Cinnamon	Chicken Breast with Onions, Peppers & Mushrooms Maple Baked Beans Broccoli Florets Ricotta Cheese Cookie with Craisins & Dates	Turkey Burger with Vegetable Gravy Mashed Potatoes Brussels Sprouts Peach & Craisin Crisp	Shepherd's Pie with Corn & Mashed Potatoes Spinach Diced Pears	Pork Loin with Apple Cider Sauce Diced Home Fries Green Beans Carrot Cupcake with Icing

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.