MEALS on WHEELS MARTIN COUNTY TOGETHER, WE CAN DELIVER

aaa Area Agency on Aging Palm Beach/Treasure Coast, Inc. Your Aging Resource Center

# MARCH 2020 Meals on Wheels Menu

DEPARTMENT OF ELDER AFFAIRS STATE OF FLORIDA

Kane Center

| 3/2/2020 | 3/3/20 | 3/4/20 | 3/5/20 | 1/3/20 |
|---|---|---|---|---|
| BEEF STROGANOFF<br>BUTTERED NOODLES<br>CALIFORNIA BLEND*+<br>BREAD<br>FRUIT CUP+<br>MARGARINE<br>MILK | LEMON CHICKEN<br>RICE<br>BRUSSEL SPROUTS<br>PEAS AND CARROTS<br>BREAD<br>PINEAPPLE TIDBITS<br>MARGARINE<br>MILK | MEATLOAF<br>MASHED POTATOES<br>CHOPPED SPINACH<br>BREAD<br>MANDARIN ORANGES<br>MARGARINE<br>MILK | SMOTHERED CHICKEN<br>RICE<br>BEETS<br>BROCCOLI AND CARROTS<br>BREAD<br>CINAMMON APPLES<br>MARGARINE<br>MILK | MEATBALL MARINARA<br>SPAGHETTI<br>CAULIFLOWER FLORETS<br>SPRING SQUASH<br>BREAD<br>PEARS<br>MARGARINE<br>MILK |
| **3/9/20** | **3/10/20** | **3/11/20** | **3/12/20** | **3/13/20** |
| TERIAYAKI CHICKEN<br>RICE<br>SAUTEED GREEN BEANS<br>SAUTEED CARROTS<br>BREAD<br>MANDARIN ORANGES<br>MARGARINE | BAKED HAM<br>ROAST YAMS<br>COLLARD GREENS<br>BREAD<br>APPLE SAUCE<br>MARGARINE<br>MILK | CHICKEN IN WINE SAUCE<br>RICE<br>BEETS<br>BROCCOLI AND CARROTS<br>BREAD<br>JELLO W/FRUIT<br>MARGARINE<br>MILK | SALISBURY STEAK<br>RED GARLIC POTATOES<br>CORN NIBLETS<br>BREAD<br>CINAMMON APPLES<br>MARGARINE<br>MILK | SOUTHERN PULLED PORK<br>BBQ BAKED BEANS<br>SAUTEED COLLARD GREENS<br>BREAD<br>SLICED PEACHES<br>MARGARINE<br>MILK |
| **3/16/20** | **3/17/20** | **3/18/20** | **3/19/20** | **3/20/20** |
| DICED HAM MAC & CHEESE<br>STEWED TOMATOES<br>BABY GREEN PEAS<br>BREAD<br>CINAMMON APPLES<br>MARGARINE<br>MILK | CHILI OVER RICE<br>CORN NIBLETS<br>BRAISED SPINACH<br>BREAD<br>MANDARIN ORANGES<br>MARGARINE<br>MILK | MEAT & VEGETABLE LASAGNA<br>SAUTEED CARROTS<br>CAULIFLOWER FLORETS<br>BREAD<br>SLICED PEACHES<br>MARGARINE<br>MILK | ROSEMARY PORK<br>GARLIC HERB POTATOES<br>BRUSSEL SPROUTS<br>BREAD<br>FRUIT COCKTAIL<br>MARGARINE<br>MILK | ORANGE CHICKEN<br>RICE<br>ORIENTAL VEGETABLES<br>BREAD<br>APPLE SAUCE<br>MARGARINE<br>MILK |
| **3/23/20** | **3/24/20** | **3/25/20** | **3/26/20** | **3/27/20** |
| TERIAYAKI PORK<br>RICE PILAF<br>CALIFORNIA BLEND<br>BREAD<br>FRUIT COCKTAIL<br>MARGARINE<br>MILK | BEEF PATTY MELT w/onions & cheese<br>MASHED POTATOES<br>CORN NIBLETS<br>BREAD<br>MANDARIN ORANGES<br>MARGARINE<br>MILK | SWEDISH MEATBALLS<br>RICE<br>BRAISED CABBAGE<br>PEAS & CARROTS<br>BREAD<br>APPLE SAUCE<br>MARGARINE<br>MILK | GARLIC ROSEMARY TURKEY<br>ROASTED RED POTATOES<br>SAUTEED GREEN BEANS<br>BREAD<br>PINEAPPLE TIDBITS<br>MARGARINE<br>MILK | CHICKEN PARMESAN w/ 1/2 cup pasta<br>SUMMER SQUASH<br>MIXED VEGETABLES<br>BREAD<br>FRUIT CUP<br>MARGARINE<br>MILK |
| **3/30/20** | **3/31/20** | | | |
| BEEF STEW<br>MASHED POTATOES<br>BABY GREEN PEAS<br>BREAD<br>FRUIT COCKTAIL<br>MARGARINE<br>MILK | POLISH SAUSAGE<br>BRAISED CABBAGE<br>POTATOES & 1/2 CUP BAKED BEANS<br>HOT DOG ROLL<br>PINEAPPLE TIDBITS<br>MARGARINE<br>MILK | | | |

Meal Pattern Requirement: (Meals provide a minimum of 1/3 RDA).
Meat or alternative = 3oz cooked, edible portion
Vegetables and Fruit= 3(1/1) portions
Bread or equvilent = 1 serving
Fat = 1 teaspoon
*denotes vitamin A requirement. +denotes vitamin C requirements

**MEALS SERVED WITH 1% MILK**
**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

**WE VALUE YOUR OPINION**
**PLEASE CALL US AT 223-7815 OR 223-7816**
**WITH YOUR FEEDBACK…WE LOVE TO HEAR FROM YOU!**