



March 2023 Meals on Wheels Menu



Kane Center

		Wednesday 3/1/23	Thursday 3/2/23	Friday 3/3/23
		BEEF PATTY MELT w/onions & cheese CRISPY POTATO CUBES SPINACH* BREAD ORANGE + MARGARINE MILK	GARLIC ROSEMARY TURKEY REDSKIN MASHED POTATOES* SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS+ MARGARINE MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS* SLICED PEACHES* MARGARINE BREAD MILK
Monday 3/6/23	Tuesday 3/7/23	Wednesday 3/8/23	Thursday 3/9/23	Friday 3/10/23
MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD MANDARIN ORANGES+ MARGARINE MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD SLICED PEACHES* MARGARINE MILK	POLISH SAUSAGE BRAISED CABBAGE+ POTATOES & 1/3 CUP BAKED BEANS HOT DOG ROLL PINEAPPLE TIDBITS* MARGARINE MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ MARGARINE MILK	BBQ CHICKEN QUARTERS SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + MARGARINE MILK
Monday 3/13/23	Tuesday 3/14/23	Wednesday 3/15/23	Thursday 3/16/23	Friday 3/17/23
BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ MARGARINE MILK	CHICKEN CACCIATORE PASTA MIXED VEGETABLES*+ BREAD BANANA+ MARGARINE MILK	CHILI OVER RICE CORN NIBLETS BRAISED SPINACH * BREAD MANDARIN ORANGES+ MARGARINE MILK	ROSEMARY PORK GARLIC HERB POTATOES BRUSSEL SPROUTS+ BREAD FRUIT COCKTAIL+ MARGARINE MILK	ORANGE CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ MARGARINE MILK
Monday 3/20/23	Tuesday 3/21/23	Wednesday 3/22/23	Thursday 3/23/23	Friday 3/24/23
SALISBURY STEAK RED GARLIC POTATOES CARROTS* BREAD CINNAMON APPLES+ MARGARINE MILK	BACON MAC & CHEESE ZUCCHINI BABY GREEN PEAS+ BREAD CINAMMON APPLES+ MARGARINE MILK	STEWED CHICKEN RICE CORN BROCCOLI AND CARROTS*+ BREAD CINNAMON APPLES+ MARGARINE MILK	MEATBALL MARINARA SPAGHETTI CAULIFLOWER FLORETS + SPRING SQUASH BREAD PEARS+ MARGARINE MILK	LEMON CHICKEN RICE* BRUSSEL SPROUTS+ PEAS AND CARROTS BREAD PINEAPPLE TIDBITS+ MARGARINE MILK
Monday 3/27/23	Tuesday 3/28/23	Wednesday 3/29/23	Thursday 3/30/23	Friday 3/31/23
BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD BANANA+ MARGARINE MILK	CHICKEN PARMESAN W/PASTA SUMMER SQUASH MIXED VEGETABLES *+ BREAD FRUIT CUP+ MARGARINE MILK	GROUND BEEF MAC & CHEESE ZUCCHINI BABY GREEN PEAS+ BREAD CINAMMON APPLES+ MARGARINE MILK	TERIAYAKI PORK RICE* SAUTEED GREEN BEANS+ SAUTEED CARROTS * BREAD MANDARIN ORANGES+ MARGARINE MILK	SMOTHERED CHICKEN RICE CORN ON THE COB BROCCOLI AND CARROTS*+ BREAD CINNAMON APPLES+ MARGARINE MILK
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA). Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions Bread or equivalent = 1 serving Fat = 1 teaspoon			WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!	
*denotes vitamin A requirement. +denotes vitamin C requirements			MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE	