

Meals on Wheels – March 2023	
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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT		SUN	
Call 651-653-3123 or email to order ALT Meal in yellow OR Weekend Meals. ALL Meals are served with choice of 1% Milk OR Juice variety				1		2		3		4		5	
				Baked Ham w/ Glaze dinner roll & butter, mashed potatoes, broccoli, dessert ALT: Baked Chicken		Salisbury Steak whole wheat egg noodles, diced carrots, fruit cocktail		Garlic Salmon Bowl brown rice, edamame, fruit cup, dessert ALT: Garlic Chicken Bowl		Meatloaf Delivered Thurs 3/2		Sweet & Sour Chicken Delivered Thurs 3/2	
				6		7		8		9		10	
Chicken w/Swiss & Mushrooms spaetzli, California vegetable blend, dessert		Pot Roast & Gravy dinner roll & butter, mashed potatoes, vegetable medley, fruit cup		Spaghetti w/ Meat Sauce broccoli, warm cinnamon peaches, cookie		Rosemary Chicken brown & wild rice pilaf, beets, warm cinnamon pears		Baked Fish w/ Spinach Cream Sauce egg noodles, Italian veggies, cinnamon apples, dessert ALT: Baked Chicken		Chicken Penne Parma Rosa Pasta Delivered Thurs 3/9		Beef Taco Delivered Thurs 3/9	
13		14		15		16		17		18		19	
Beef Meatloaf dinner roll & butter, mashed potatoes, carrots, fruit cocktail		Breakfast Hash whole wheat English muffin, turkey sausage, cheesy eggs, potatoes, cinnamon pears, dessert		Chicken Florentine whole wheat pasta, peas, dessert		Beef Lasagna broccoli, fruit cup		Parmesan Crusted Fish barley risotto, Italian veggies, dessert ALT: Parm Chicken		Turkey Tetrazzini Delivered Thurs 3/16		Sloppy Joe Delivered Thurs 3/16	
20		21		22		23		24		25		26	
Chili Macaroni Casserole vegetable medley, fruit cup, dessert		Garlic Parmesan Pork Loin brown rice, corn, fruit cup Alt: Garlic Parmesan Chicken		Sweet & Sour Chicken fried rice, edamame, fruit cup, dessert		Beef Stroganoff whole wheat egg noodles, peas, pears		Mustard & Herb Fish Brown rice, mashed sweet potatoes, Brussel's sprouts, dessert ALT: Herb Chicken		Spaghetti Delivered Thurs 3/23		Pot Roast Delivered Thurs 3/23	
27		28		29		30		31		1		2	
Turkey Tetrazzini whole wheat egg noodles, green beans, warm cinnamon apples, dessert		Beef Sloppy Joes multigrain bun, mashed potatoes, carrots, peaches		Ginger & Honey Glazed Pork brown rice, broccoli, pineapple, dessert ALT: Ginger & Honey Chicken		Chicken Penne Parma Rosa Pasta green beans, warm cinnamon pears, dessert		Tuna Melt vegetable medley, sugar cookie ALT: Chicken Melt		Rosemary Chicken Delivered Thurs 3/30		Chicken w/ Swiss & Mushrooms Delivered Thurs 3/30	
Contact Doug: 651-653-3123 or MealsOnWheels@isd624.org MARCH CHOICE MEALS:													
1. Chicken w/ Swiss and Mushrooms 2. Beef Meatloaf 3. Ratatouille 4. Mustard Herb Fish													