


Meals on Wheels Menu – MARCH 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
3	4	5	6	7	8	9
Three Cheese Turkey Pasta whole wheat pasta, 5-way veggie blend, Mandarin oranges	Chicken Posole Soup Spanish brown rice, peach cup, dessert	Cheesy Chicken & Rice Casserole mixed veggies, fruit cup, dessert	Cheeseburger whole wheat bun, vegetarian baked beans, applesauce	Baked Fish w/ Herb Sauce barley risotto, Brussel's sprouts, dessert ALT: Baked Chicken	Beef Lasagna Delivered: Thu, 3/6	Sweet & Sour Chicken Delivered: Thu, 3/6
10	11	12	13	14	15	16
BBQ Chicken brown rice, veggie blend, pineapple cup, dessert	Meatloaf mashed potatoes & gravy, peas, applesauce	Spaghetti w/ Meat Sauce 5- way veggie blend, peach cup	Tater Tot Hotdish Shredded cheese, carrots, dessert	Mustard Herb Fish brown & wild rice pilaf, green beans, pear cup, dessert ALT: Mustard Herb Chicken	Beef Chili Delivered: Thu, 3/13	Baked Ham Delivered: Thu, 3/13
17	18	19	20	21	22	23
Maple Mustard Pork herb quinoa, roasted root veggies, pear cup ALT: Maple Mustard Chicken	Chicken Dumpling Stew green beans, applesauce	Lentil Taco Bowl Spanish rice, corn, carrots & green beans, dessert	Salisbury Steak whole wheat egg noodles, mushroom gravy, peas & carrots, fruit cup, dessert	Baked Cod sautéed garlic veggies, brown rice, edamame, Mandarin oranges, dessert ALT: Baked Chicken	Cheeseburger Delivered: Thu, 3/20	BBQ Chicken Delivered: Thu, 3/20
24	25	26	27	28	29	30
Beef Lasagna Tuscan veggie medley, peach cup	Ham w/ Mustard Apple Glaze mashed potatoes, fruit cup, dessert ALT: Chicken w/ Mustard Glaze	Chicken Chili cilantro lime brown rice, pineapple cup, dessert	Fish Taco Bowl Cuban beans & rice, pineapple mango salsa, corn, apple ALT: Chicken Taco Bowl	Butternut Squash & Lentil Soup corn, carrots, & green beans, dinner roll, dessert	Southwest Taco Bowl Delivered: Thu, 3/28	Spaghetti w/ Meat Sauce Delivered: Thu, 3/28
31						
Beef Chili shredded cheese, corn, cornbread muffin, fruit cup	All meals have the choice of 1% Milk or a juice variety					

MARCH CHOICE MEALS: 1. Baked French Toast w/ Turkey Sausage 2. Beef Chili 3. Butternut Squash Soup 4. Fish Taco Bowl