



March 2019 Menu



Mon		Tue		Wed		Thu		Fri	
MEAT SUBSTITUTE MEAL Steakburger Cabbage Corn Mini Yeast Roll Potato Salad Fruit Cocktail		VEGETABLE SUBSTITUTE MEAL Great Northern Beans Cabbage Corn Mini Yeast Roll Potato Salad Fruit Cocktail						1 Teriyaki Chicken over Rice Corn Collard Greens Peaches Apple Salad w/ Raisins Mini Cupcake	
4 Grilled Chicken Breast Stewed Tomatoes Lima Beans Mini Yeast Roll Papaya Slices Apple Crisp		5 Baked Macaroni & Cheese Spinach Seasoned Pinto Beans Cornbread Mandarin Oranges Lime Fluff		6 Chicken Pot Pie Green Peas Harvest Beets Fruit Cocktail Pineapple Tidbits		7 Carved Turkey Breast w/ Dressing & Gravy Carrots Green Beans Apple Sauce Orange Slices		8 Steakburger Lima Beans Cinnamon Apples Bun / Mustard & Ketchup Lettuce & Tomato Slice Cantaloupe	
11 Sliced Ham Vegetable Trio Roasted Butternut Squash Mini Yeast Roll Sliced Peaches Applesauce		12 Sloppy Joe Tater Tots Steamed Broccoli Bun Red Coleslaw Mandarin Oranges		13 Vegetable Beef Stew Corn Mini Yeast Roll Three Bean Salad Pineapple Tidbits Mini Cupcake		14 BBQ Beef Broccoli & Rice Casserole Stewed Tomatoes Bun Coleslaw Sliced Peaches		15 Corned Beef 🍀 Steamed Cabbage 🍀 Carrots Cornbread Green Pea Salad w/ Mayo & Cheese Green Jell-O w/ Crushed Pineapple & Marshmallows	
18 Salisbury Steak w/ Gravy Spinach Mashed Potatoes Mini Yeast Roll Mango Pineapple Tidbits		19 Beef & Broccoli Stir-Fry over Rice Steamed Carrots Spring Roll Apple Sauce Fruit Cocktail		20 Pinto Beans Mac & Cheese Collard Greens Cornbread Mandarin Oranges Fruit Crisp		21 Mild Smoked Sausages w/ Sauerkraut Green Peas Red Bliss Potatoes Apple Salad w/ Raisins Sliced Peaches		22 Baked Ziti Squash Medley Brussel Sprouts Tossed Salad Salad Dressing 2 Sugar Cookies	
25 Chile Con Carne Cauliflower Skillet Cornbread Cantaloupe Applesauce 2 Oatmeal Cookies		26 Scrambled Eggs w/ Bacon Tater Tots Hot Cinnamon Apples Buttermilk Biscuit Butter & Jelly Peaches		27 Chicken Parmesan Yellow Squash w/ Bell Peppers Green Beans Cucumber Salad Sliced Oranges 2 Cookies		28 Shepherd's Pie Stewed Tomatoes Green Peas Fruit Cocktail Orange Slices 2 Oatmeal Cookies		29 Italian Meatballs w/ Marinara Sauce over Noodles Texas Toast Green Beans Mandarin Oranges Sliced Pears	

2% Milk will be served with all meals. You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.

All substitute meal orders and cancellations must be received by noon, one business day before needed, by calling the Meals on Wheels office at 704-633-0352.

Menu is subject to change without notice.