

# Menu and More

TRADITIONAL MENU

MARCH 2024



We will be **CLOSED**  
Friday, March 29th for  
**Good Friday**  
There will be no meal delivery on that day.



## FREE INCOME TAX SERVICE

### VITA (Volunteer Income Tax Assistance)

This Service is **FREE!**

WHERE Ruffy-Holmes Senior Center in  
Salisbury and the East Rowan YMCA  
in Rockwell

**VITA**  
Volunteer Income Tax Assistance

WHEN ARE APPOINTMENTS  
AVAILABLE?

Mondays, 4-7 pm and Wednesdays, 9-3 pm,  
through April 15th.

SCHEDULE AN APPOINTMENT

**Call 704-216-7714** between 8:30 am and  
4:30 pm. Leave your name and phone  
number if you get a voicemail. You will  
receive a call back within 24 hours if you are  
calling on a weekday.

WHAT WILL I NEED?

You will provide your name, phone number,  
and Email address. You must pick up a  
packet from the Senior Center or download it  
from their website. You must have the packet  
filled out prior to your appointment.

contact us!

704-633-0352  
info@mowrowan.org  
www.mowrowan.org

**Mailing Address:**  
PO Box 1914  
Salisbury, NC 28145

# March 2024 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
<b><u>Meat Substitute Meal</u></b> Chopped Steak Broccoli Vegetable Medley Roll Fruit Fruit Gelatin	<b><u>Vegetable Substitute Meal</u></b> Great Northern Beans Broccoli Vegetable Medley Roll Fruit Fruit Gelatin			<b>1</b> Stir-fried Chicken over Rice Broccoli Roasted Sweet Potatoes Wheat Roll Fruit Gelatin
<b>4</b> Baked Spaghetti Spinach Vegetable Medley Beets Fruit Applesauce	<b>5</b> Cuban Chicken Green Beans Corn Macaroni Salad Fruit Applesauce	<b>6</b> Meatloaf w/ Ketchup Glaze Mashed Potatoes Carrots Wheat Roll Fruit Fancy Apple Salad	<b>7</b> Chicken & Dumplings Cabbage Turnip Greens Carrot Raisin Salad Fruit Fruit Cocktail	<b>8</b> Scrambled Eggs & Turkey Sausage Cinnamon Apples Hashbrowns Biscuit Butter / Jelly Fruit
<b>11</b> Chicken Ranch Casserole Corn Green Peas Wheat Roll Beets Fruit	<b>12</b> Baked Fish w/ Red Sauce Squash Casserole Broccoli Coleslaw Fruit Tropical Fruit Whip	<b>13</b> Pork Chops Roasted Sweet Potatoes Turnip Greens Potato Salad Fruit Brownie	<b>14</b> Chicken Pot Pie Carrots Baked Apples Three Bean Salad Fruit Fruit	<b>15</b> Beef Goulash Cabbage Hot Cinnamon Peaches Watergate Salad Macaroni Salad Fruit  
<b>18</b> Hamburger Patty Broccoli Baked Beans Wheat Bun Coleslaw Fruit Cocktail	<b>19</b> Chicken Parmesan Lima Beans Cabbage Pea Salad Fruit Applesauce	<b>20</b> Pinto Beans Collard Greens Mac & Cheese Cornbread Marinated Vegetable Salad Fruit	<b>21</b> Beef Tips over Rice Broccoli Carrots Waldorf Salad Fruit Cocktail Fruit	<b>22</b> Roasted Chicken Carrots Oven Roasted Potatoes Wheat Roll Three Bean Salad Fruit
<b>25</b> Chopped Steak w/ Gravy Green Peas Roasted Sweet Potatoes Broccoli Salad Fruit Carrot Raisin Salad	<b>26</b> Chicken Tetrazzini Corn Green Beans Spinach Salad w/ Dressing Fruit Gelatin Fruit	<b>27</b> Beef Stroganoff over Noodles Squash Medley Baked Apples Macaroni Salad Fruit Yellow Cake	<b>28</b> Carved Ham w/ Pineapple Glaze Green Beans Carrots Potato Salad Pineapple Tidbits Chocolate Cake	<b>29</b>   <b>CLOSED</b> For <b>GOOD</b> <b>FRIDAY</b> No Meal Delivery