

Meals on Wheels March 2019 Center 50+ Dining Room

April lunch tickets will be available starting Wednesday March 27th at 11 am (after MOW distribution).

At this time we are not admitting any new clients to our lunch ticket program (where anyone over 60 can eat w/ suggested \$3 donation) because the program is at full capacity. We will of course honor those already in the program.



<u>Weeks</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Week 1</u> March 1					Beet Salad Chili Con Carne Brown Rice Peas & Carrots Cornbread Jell-O
<u>Week 2</u> March 4th— 8th	Three Bean Salad Cheese Ravioli Italian Vegetables Rosemary Bread Pudding	Peas & Cheese Swedish Meatballs Egg Noodles Broccoli Dinner Roll Spice Cake	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	Asian Salad Chicken Stir-Fry Sugar Snap Peas Mandarin Oranges Fortune Cookie	Coleslaw Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O
<u>Week 3</u> March 11th— 15th	Beet Salad Beef Stroganoff Brussel Sprouts Rosemary Bread Pudding	Mexi-Slaw Chicken Enchilada Peas & Carrots Chips & Salsa Pears	Caesar Salad Spaghetti w/ Meat Sauce Broccoli Dinner Roll Angel Food Cake	Coleslaw BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Jell-O	Green Salad Corned Beef & Cabbage Baby Red Potatoes Carrots Dinner Roll Birthday Cake
<u>Week 4</u> March 18th— 22nd	Mixed Salad Chicken Salad Carrots Cucumber Grape Tomatoes	Beet Salad Chili Con Carne Brown Rice Peas & Carrots Cornbread Fruit Salad	House Salad Salisbury Steak Mashed Potatoes Brussel Sprouts Dinner Roll Apple Berry Crisp	Confetti Salad Sloppy Joes Tater Tots Peas & Carrots Hamburger Bun Pears	Coleslaw Salmon Cake or Chicken Rice Pilaf Broccoli Dinner Roll Jell-O
<u>Week 5</u> March 25th— 29th	Confetti Salad Chicken Casserole Italian Vegetables Sourdough Bread Pudding	Carrot Raisin Salad Swedish Meatballs Egg Noodles Brussel Sprouts Rosemary Bread Mixed Fruit	Mexi-Slaw Chicken Enchilada Brown Rice Peas & Carrots Chips & Salsa Pears	Caesar Salad Penne w/ Meat Sauce Italian Vegetables Sourdough Bread Brownies	Coleslaw Baked Fish or Chicken Tater Tots Chuck Wagon Corn Dinner Roll Jell-O

Meals on Wheels Office 503-364-2856