<table>
<thead>
<tr>
<th>Weeks</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| Week 1     | Beet Salad
Beef Stroganoff
Brussel Sprouts
Rosemary Bread
Pudding   | Asian Salad
Chicken Stir-Fry
Yakisoba Noodles
Sugar Snap Peas
Mandarin Oranges
Fortune Cookie | House Salad
Cube Steak
Mashed Potatoes
Brussel Sprouts
Dinner Roll
Apple Berry Crisp | Potato Salad
BBQ Chicken
Baked Beans
Peas & Carrots
Dinner Roll
Grapes | Carrot Raisin Salad
Chili Con Carne
Brown Rice
Peas & Carrots
Cornbread
Jell-O    |
| March 2-6  | Broccoli Kale Salad
Cheese Ravioli
Italian Veg
Rosemary Bread
Pudding | Mexi-Slaw
Chicken Enchilada
Peas & Carrots
Chips & Salsa Pears | House Salad
Herb Roasted
Chicken
Mashed Potatoes
Green Beans
Dinner Roll, Fruit
Fruit Cocktail | Confetti Salad
Sloppy Joe’s
Tater Tots
Peas & Carrots
Hamburger Bun
Brownies | Coleslaw
Baked Fish
or Chicken
Tater Tots
Broccoli
Dinner Roll, Jell-O
Jell-O |
| Week 2     | Mixed Salad
Chicken Salad
Carrots
Cucumber
Grape Tomatoes
Dinner Roll, Pears Pears | Green Salad
Corned Beef
& Cabbage
Baby Red Potatoes
Carrots, Dinner Roll
Lime Jell-O
Lime Jell-O | Caesar Salad
Spaghetti W/ Meat Sauce
Broccoli
Dinner Roll
Angel Food Cake | Potato Salad
BBQ Chicken
Baked Beans
Peas & Carrots
Dinner Roll
Jell-O | Coleslaw
Grilled Salmon
or Chicken
Rice Pilaf
Broccoli, Dinner Roll
Birthday Cake
Birthday Cake |
| March 9-13 | Broccoli Kale Salad
Cheese Ravioli
Italian Veg
Rosemary Bread
Pudding | Carrot Raisin Salad
Swedish Meatballs
Egg Noodles
Brussel Sprouts
Rosemary Bread
Mixed Fruit | House Salad
Herb Roasted
Chicken
Red Potatoes
Green Beans
Dinner Roll, Pears Pears | House Salad
Cube Steak
Mashed Potatoes
Brussel Sprouts
Dinner Roll
Apple Berry Crisp | Coleslaw
Baked Fish
or Chicken
Tater Tots
Chuck Wagon Corn
Dinner Roll, Jell-O
Jell-O |
| Week 3     | Confetti Salad
Chicken Casserole
Italian Veg
Sourdough Bread Pears | Caesar Salad
Penne w/ Meat Sauce
Italian Veg
Sourdough Bread
Brownies | | | |
| March 16-20| Mixed Salad
Chicken Salad
Carrots
Cucumber
Grape Tomatoes
Dinner Roll, Pears Pears | | | | |
| Week 4     | Broccoli Kale Salad
Cheese Ravioli
Italian Veg
Rosemary Bread
Pudding | | | | |
| March 23-27| Confetti Salad
Chicken Casserole
Italian Veg
Sourdough Bread Pears | | | | |
| Week 5     | Confetti Salad
Chicken Casserole
Italian Veg
Sourdough Bread Pears | | | | |
| March 30-31| Confetti Salad
Chicken Casserole
Italian Veg
Sourdough Bread Pears | | | | |

Meals on Wheels Office 503-364-2856
Lunch program tickets will be available starting March 26th