

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>We care about you!</p> <p>Call 807-1257</p> <p>To suspend or resume services</p>	<p><u>3/1/18</u> Beef with Broccoli Brown Rice Oriental Vegetables Whole Grain Bread Fresh Apple Slices Calcium Fortified OJ Margarine</p>	<p><u>3/2/18</u> Turkey Noodle Bake Orange Spiced Carrots Collard Greens Whole Grain Bread Tropical Fruit Salad Milk Margarine</p>
<p><u>3/5/18</u> Tilapia Almondine Baked Sweet Potatoes & Apples California Vegetables Dinner Roll Pears Halves Milk Margarine</p>	<p><u>3/6/18</u> Hamburger on Whole Grain Bun Baked Hash Browns Lettuce & Tomato Slice Warm Apple Slices Calcium Fortified OJ Ketchup</p>	<p><u>3/7/18</u> <u>Turkey Sandwich</u> Turkey and Swiss Cheese On Bun Lettuce & Tomato Slice Confetti Coleslaw Fresh Orange Half Milk Mayonnaise</p>	<p><u>3/8/18</u> Chicken Marsala Sour Cream and Chives Mashed Potatoes Italian Vegetables Whole Grain Bread Fresh Seasonal Fruit Calcium Fortified OJ Margarine</p>	<p><u>3/9/18</u> Creamy Beef Pasta Butternut Squash Italian Green Beans Pineapple and Oranges Cornbread Milk Margarine</p>
<p><u>3/12/18</u> Blackberry Dijon Chicken Breast Baked Potato w/ Sour Cream Green Beans & Mushrooms Whole Grain Bread Tropical Fruit Salad Milk Margarine</p>	<p><u>3/13/18</u> Pot Roast Risotto with Peas and Mushrooms Wax Beans Whole Grain Bread Sliced Peaches Calcium Fortified OJ Margarine</p>	<p><u>3/14/18</u> Tuna Mac Salad Three Bean Salad Garden Romaine Salad With Ranch Dressing Saltines Fresh Seasonal Fruit Milk</p>	<p><u>3/15/18</u> <u>Breakfast for Lunch</u> Egg Frittata Buttered Grits Spinach WW English Muffin Pineapple Calcium Fortified OJ</p>	<p><u>3/16/18</u> Fettuccine Alfredo with Chicken and Broccoli Yellow Squash with Onion Whole Grain Bread Warm Fruit Compote Milk Margarine</p>
<p><u>3/19/18</u> Mojo Chicken Breast Whole Baby Carrots Turnip Greens Whole Grain Bread Plum Halves Milk Margarine</p>	<p><u>3/20/18</u> <u>Fish Sandwich</u> Breaded Fish on Whole Grain Bun Oven Roasted Potatoes Lettuce & Tomato Slice Fruit Cobbler Calcium Fortified OJ Tartar Sauce</p>	<p><u>3/21/18</u> Chicken Salad Fresh Spinach and Tomato Salad Broccoli Slaw Pita Bread Fresh Seasonal Fruit Milk Italian Dressing</p>	<p><u>3/22/18</u> Beef Stew Brown Rice Sugar Snap Peas Tossed Salad with Tomato Tropical Fruit Salad Calcium Fortified OJ Italian Dressing</p>	<p><u>3/23/18</u> Fettuccine with Spaghetti Meat Sauce Summer Squash Garden Romaine Salad Hot Apples and Raisins Milk Ranch Dressing</p>
<p><u>3/26/18</u> <u>Soft Chicken Taco</u> Pulled Seasoned Chicken Corn & Black Bean Fiesta Broccoli Flour Tortilla Sliced Peaches Calcium Fortified OJ</p>	<p><u>3/27/18</u> Meatloaf Cheesy Mashed Potatoes Turnip Greens Whole Grain Bread Plum Halves Calcium Fortified OJ Margarine</p>	<p><u>3/28/18</u> Chicken Thigh BBQ Sauce Macaroni and Cheese Brussel Sprouts Fresh Seasonal Fruit Milk Margarine</p>	<p><u>3/29/18</u> Beef with Broccoli Brown Rice Oriental Vegetables Whole Grain Bread Fresh Apple Slices Calcium Fortified OJ Margarine</p>	<p><u>3/30/18</u></p> 

Meals on Wheels meals may contain one or more of the following common allergens: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts. Wheat or Soybeans.