

## Meals on Wheels Menu | MARCH 2019

Please keep this menu for reference.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEALS ON WHEELS AMERICA 2018 MEMBER				1 Beef Stew	2 Chicken Chimichanga	3 Stuffed Pasta Shells w/ Meat Sauce
4 Swedish Meatballs w/ Noodles	5 Beef Fajita w/ Peppers Onions, Cheese, Sour Cream & Salsa	6 Garlic Herb Tilapia Ash Wednesday	7 Pulled Pork Sandwich	8 Manicotti	9 Smothered Pork Chop w/ Onions and Peppers	10 Chicken Mole
11 Sandy's Chicken Chile	12 Chicken Pot Pie w∕ Buttermilk Biscuit	13 Meatballs w/ Marinara	14 Roast Turkey w/ Gravy	15 Breaded Fish Sandwich w/ Lettuce & Tomato	16 Beef Stroganoff	17 Pulled Pork Sandwich <b>St Patrick's Day</b>
18 Riblettes	19 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa	20 Chicken Teriyaki	21 Bratwurst on Hotdog Bun	22 Vege-burger w/ lettuce, tomato, & onion	23 Swedish Meat- balls w/ Noodles	24 Roast Turkey w/ Gravy
25 Hamburger w/ Lettuce, Tomato & Onion	26 Egg Salad on Croissant	27 Chicken Chow Mein	28 Slow Roasted Beef	29 Salmon w/ Lemon & Dill	30 Chicken Teriyaki	31 Riblettes

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.