

| 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>3/1/2019</u> Hamburger and Bun Hawaiian Baked Beans Lettuce and Tomato Slice Fruit Cobbler Milk Mustard</p> |
| <p><u>3/4/2019</u> Hamburger Steak with Pepper Gravy Brown Rice Cabbage Wheat Bread Strawberry Applesauce Milk Margarine</p> | <p><u>3/5/2019</u> Chicken Tetrizzini Spinach Summer Squash and Tomato Medley Parker House Roll Pears Orange Juice Margarine</p> | <p><u>3/6/2019</u> Breaded Pollock Butter Beans Glazed Carrots Wheat Bread Mandarin Oranges and Pineapple Milk Tartar Sauce</p> | <p><u>3/7/2019</u> Garlic Rosemary Chicken Thigh Country Potatoes Broccoli, Corn & Carrots Parker House Roll Fresh Fruit Orange Juice Margarine</p> | <p><u>3/8/2019</u> Beef Chili Mac Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine</p> |
| <p><u>3/11/2019</u> Meatloaf with Onion Gravy Whipped Potatoes Peas and Carrots Wheat Bread Pineapple Tidbits Milk Margarine</p> | <p><u>3/12/2019</u> Chicken Alfredo Whole Kernel Corn Italian Vegetables Dinner Roll Peaches Orange Juice Margarine</p> | <p><u>3/13/2019</u> Beef Stew Buttered Rice Brussels Sprouts Tossed Salad with Cucumber & Tomato Banana Milk Ranch Dressing</p> | <p><u>3/14/2019</u> Chicken Salad Garbanzo Bean Salad Lettuce and Tomato Slice Pita Bread Fresh Seasonal Fruit Orange Juice</p> | <p><u>3/15/2019</u> Smothered Chicken Thigh Black Eyed Peas Mixed Greens Dinner Roll Fresh Fruit Milk Margarine</p> |
| <p><u>3/18/2019</u> Mushroom Chicken Whipped Potatoes Broccoli Wheat Bread Sliced Pears Milk Margarine</p> | <p><u>3/19/2019</u> Beef and Rice Casserole Creamy Country Corn Green Beans Parker House Roll Fresh Fruit Orange Juice Margarine</p> | <p><u>3/20/2019</u> Sausage and White Beans Glazed Carrots Spinach Dinner Roll Fresh Fruit Milk Margarine</p> | <p><u>3/21/2019</u> Lemon Pepper Chicken Thigh Baked Northern Beans Stewed Tomatoes Wheat Bread Cinnamon Apples Orange Juice Margarine</p> | <p><u>3/22/2019</u> Spaghetti Casserole Green Peas Tossed Salad with Cucumber & Tomato Wheat Bread Fruit Cobbler Milk Italian Dressing</p> |
| <p><u>3/25/2019</u> <u>Meatball Sub</u> Zesty Meatballs and Bun Oven Roasted Potatoes Green Beans Pineapple Tidbit Milk</p> | <p><u>3/26/2019</u> Chicken Chili Whole Kernel Corn Sliced Carrots Dinner Roll Applesauce Orange Juice Margarine</p> | <p><u>3/27/2019</u> BBQ Chicken Thigh Whipped Potatoes Collard Greens Cornbread Banana Milk</p> | <p><u>3/28/2019</u> Tuna Mac Salad Tossed Salad with Cucumber & Tomato Broccoli Slaw Saltines Fresh Seasonal Fruit Orange Juice Ranch Dressing</p> | <p><u>3/29/2019</u> Hamburger and Bun Hawaiian Baked Beans Lettuce and Tomato Slice Fruit Cobbler Milk Mustard</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.