

MARCH 2026 Meals on Wheels Menu

Monday 3/2/26	Tuesday 3/3/26	Wednesday 3/4/26	Thursday 3/5/26	Friday 3/6/26
CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHEESEBURGER w/onions O'BRIEN POTATOES SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRUIT CUP+ BREAD HEALTHY HEART SPREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 3/9/26	Tuesday 3/10/26	Wednesday 3/11/26	Thursday 3/12/26	Friday 3/13/26
SOUTHERN PULLED PORK BBQ BAKED BEANS CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	PORK CHOPS W/GRAVY MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 3/16/26	Tuesday 3/17/26	Wednesday 3/18/26	Thursday 3/19/26	Friday 3/20/26
CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS + BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 3/23/26	Tuesday 3/24/26	Wednesday 3/25/26	Thursday 3/26/26	Friday 3/27/26
BACON CHEESEBURGER MACARONI 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SLOPPY JOE BAKED BEANS CORN NIBLETS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN CORDON BLEU RICE* 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 3/30/26	Tuesday 3/31/26			
CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK			
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA). SUBJECT TO CHANGE WITHOUT NOTICE. NOTE: MEALS SERVED WITH 2% MILK		Meat or alternative = 4oz cooked, edible portion		Bread or equivalent = 1 serving Fat = 1 teaspoon
		*denotes vitamin A requirement		+denotes vitamin C requirements
WE VALUE YOUR OPINION! PLEASE CALL LUS AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!				