

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	4 Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Mandarin Oranges	5 Ash Wednesday Tuna Salad Sandwich (4oz) 1/2c Three Bean Salad 1/2c Coleslaw 2 White Bread Fresh Fruit	6 Baked Ravioli (6) w/ 2oz Tomato Cream Sauce 1/2c Green Beans 1/2c Mandarin Oranges 1 Italian Bread	7 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail
10 Sweet & Sour Pork 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit	11 Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	12 Italian Burger 1T Peppers, Onions, White Cheese 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	13 Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	14 Baked Breaded Fish 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
17 Happy St. Patrick's Day! Corned Beef 1/2c Cabbage 1/2c Parsley Potatoes 1 Rye Bread 1/2c Pistachio Pudding	18 Burgundy Glazed Meatballs 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	19 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Fruited Gelatin	20 Cajun Chicken Alfredo 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple	21 Creamy Egg Salad Sandwich Lettuce & Tomato 1/2c Beets 2 Whole Wheat Bread 1/2c Applesauce Cookie
24 Creamy Parmesan Pork Chop (3oz Pork, 2oz Sauce) 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cake w/ Icing	25 Lasagna w/ 2oz Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit	26 Chicken Bruschetta (3oz Chix, 2oz Tomato, .5oz Cheese) 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit	27 Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Lemon Buttered Noodles 1/2c Brussel Sprouts Hamburger Bun 1/2c Fruit Crisp	28 Baked Crab Cake 1c Tomato Basil Bisque 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices
31 Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange		<i>*menu subject to change</i>	<i>If you need to go to an appointment and do not want to miss your meal Contact the Main Office 610-374-3195 ext. 220</i>	<i>To Skip Or Cancel Your meals Please contact Meals on Wheels (610) 374-3195 ext. 220</i>