

Senior Café and Meals on Wheels

March

2025

Menu cycle 1 2025

All meals come with low-fat milk. Suggested Contribution: \$2 per meal. Your contribution makes a difference and keeps our program going. Thank you!



Monday 3-Mar	Tuesday 4-Mar	Wednesday 5-Mar	Thursday 6-Mar	Friday 7-Mar
Beef & Bean Chili	Chicken & Biscuit	Pork Carnitas Bowl	Spaghetti & Meatballs	Braised Lentils & Dirty Rice
Pear Cup Green Beans & Corn Brown Rice Beef & Bean Chili Shredded Cheese	Papaya & Mango Cup Green Peas & Carrots Whole Grain Biscuit Braided Chicken in Broth	Orange Cup Black Beans White Rice Pork Carnitas *Meal contains pork*	Pineapple Cup Broccoli Whole Grain Spaghetti Beef Meatballs Marinara	Raisins Stewed Tomatoes & Carrots Dirty Rice Braised Lentils
10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
BBQ Beef Meatloaf	Honestyle Tuna Casserole	Beef Stew	Roasted Red Pepper Pork Loin	Chicken Parmesan
Pineapple Cup Collard Greens Cornbread Beef Meatloaf BBQ Sauce	Orange Cup Green Pea Whole Grain Rotini Creamy Tuna & Mushrooms Shredded Cheese	Carrots Mashed Potatoes Wheat Roll Slow Cooked Beef Stew	Raisins Green Bean Medley Whole Grain Penne Pork Loin Roasted Red Pepper Sauce *Meal contains pork*	Papaya & Mango Cup Marinara Whole Grain Spaghetti Whole Grain Chicken Patty Mozzarella
17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
Turkey Fajita Tacos	Chicken & Vegetable Stew	Italian Herb Chickpeas	Chicken Lo Mein	Mushroom Smothered Pork Chop
Applesauce Chopped Peppers & Onions Whole Wheat Tortillas Ground Turkey Shredded Cheese	Papaya & Mango Cup Carrots & Celery Whole Grain Dinner Roll Chicken Breast in Gravy	Applesauce Asparagus Brown Rice Tomato Braided Chickpeas	Peach Cup Stir Fry Vegetables Lo Mein Chicken Breast Tangy Stir Fry Sauce	Orange Cup Mushrooms in Sour Cream Gravy Whole Grain Macaroni Breaded Pork Chop *Meal contains pork*
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
Ricotta Stuffed Shells	Creamy Tuna & Corn Pasta Bowl	Salisbury Steak	BBQ Pork & Broccoli Cheddar Melt	Bourbon Chicken
Orange Cup Marinara with Herb Spinach Whole Grain Dinner Roll Stuffed Shells	Pineapple Cup Green Beans Whole Grain Macaroni Creamy Tuna & Celery	Papaya & Mango Cup Mashed Sweet Potato Whole Grain Dinner Roll Beef Patty Gravy	Broccoli Cheddar Melt Baked Bean BBQ Pulled Pork *Meal contains pork*	Applesauce Broccoli & Snap Peas White Rice Chicken Breast Bourbon Sauce
31-Mar	1-Apr	2-Apr	3-Apr	4-Apr
Beef & Bean Chili	Chicken & Biscuit	Pork Carnitas Bowl	Spaghetti & Meatballs	Braised Lentils & Dirty Rice
Pear Cup Green Beans & Corn Brown Rice Beef & Bean Chili Shredded Cheese	Papaya & Mango Cup Green Peas & Carrots Whole Grain Biscuit Braided Chicken in Broth	Orange Cup Black Beans White Rice Pork Carnitas *Meal contains pork*	Pineapple Cup Broccoli Whole Grain Spaghetti Beef Meatballs Marinara	Raisins Stewed Tomatoes & Carrots Dirty Rice Braised Lentils

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>French Onion-Breaded Pork Chop Mashed potatoes w;/gravy Carrots Cinnamon Apple Crisp Bread w/butter</p>	<p>4</p> <p>Pepper steak w/Pizzaiola Sauce Penne Peppers Wax Beans Grape Juice Roll w/butter</p>	<p>5</p> <p>Raspberry BBQ Grilled Chicken Spring Vegetables Oven-roasted Potatoes Peaches Bread w/butter</p>	<p>6</p> <p>Cranberry Chicken Salad Lettuce Broccoli Slaw Fresh Orange Italian Dressing Roll w/butter</p>	<p>7</p> <p>Swiss Steak Mashed Potatoes Normandy Vegetables Applesauce Bread w/butter</p>
<p>10</p> <p>Chicken Parmesan Rotini Broccoli Cinnamon Apple Crisp</p>	<p>11</p> <p>Ham Steak w/Pineapple glaze Mixed Vegetables Mashed Potatoes Peaches Roll w/butter</p>	<p>12</p> <p>Chicken Scampi Brown Rice Succotash Peas and Peppers Apple Juice Bread w/butter</p>	<p>13</p> <p>Honey Mustard Turkey Sandwich Pepper slaw Grape Juice Cocoa Cherry Bar</p>	<p>14</p> <p>Penne Marinara w/Meatballs Cauliflower Brussels Sprouts Applesauce Bread w/butter</p>
<p>17</p> <p>ST. PATRICK'S DAY CELEBRATION Ham and Potatoes Brussel Sprouts Applesauce (1/2 cup) Bread w/butter</p>	<p>18</p> <p>BBQ Pork Green Beans Sweet Potatoes Grape Juice Bread w/butter</p>	<p>19</p> <p>Salisbury Steak w/Mushroom Gravy Mashed Potatoes Carrots Cinnamon Apples Bread w/butter</p>	<p>20</p> <p>Southwest Chicken Salad Lettuce Black beans and Corn Ranch Dressing Fresh Orange Roll</p>	<p>21</p> <p>Cheese Pizza Italian Bean Medley Apple Juice</p>
<p>24</p> <p>Turkey Divan Broccoli Brown Rice Apple Juice Roll w/butter</p>	<p>25</p> <p>Classic Meatloaf w/Gravy Glazed Carrots Mashed Potatoes Cheddar Bread w/butter</p>	<p>26</p> <p>Chicken Piccata Meatballs Spinach Tuscany Vegetables Mandarin Oranges Bread w/butter</p>	<p>27</p> <p>Open-face Tuna Salad Cucumber Celery Salad Shredded lettuce Farro Lentil Salad Grape Juice Bread w/butter</p>	<p>28</p> <p>Caribbean Chicken Rice and Beans Caribbean Vegetables Applesauce Bread w/Butter</p>
<p>31</p> <p>French Onion-Breaded Pork Chop Mashed potatoes w;/gravy Carrots Cinnamon Apple Crisp Bread w/butter</p>				