



CENTER HOT MENU • MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Chicken Pot Pie** Strawberries & Blueberries* Naan Flatbread*	27 Stuffed Pepper w/Spaghetti Sauce* Roasted Red Potatoes** Baby Carrots Kiwi* Wheat Roll*	28 Meatloaf * Mashed Potatoes* Meat Loaf Gravy Roasted Brussels Sprouts* Peaches* French Bread Roll*	29 Chicken Parmesan* Spaghetti Noodles* Broccoli Red Grapes*	1 <u>MARCH</u> Pork Fritter* Parsley Potatoes* Stewed Apples* Cucumbers n' Vinegar Wheat Roll*
4 Lemon Pepper Chicken Ranch Potatoes** California Blend Vegetables Naan Flatbread* Ambrosia Salad**	5 Stuffed Green Pepper w/Spagheti Sauce* Roasted Red Potatoes** Golden Delicious Apple* Bread Stick*	6 Chicken Parmesan* over Spaghetti Noodles* Broccoli Red Grapes*	7 Beef & Broccoli* over Brown Rice** Braised Cabbage Burst O Berries* Almond Lemon Bar*	8 Tuna Noodle Casserole** Stewed Apples* Broccoli Citrus Salad* Wheat Sweet Yeast Roll**
11 Smothered Chicken Cauliflower w/Parsley Butter Sauce Kiwi* Pistachio Fluff** Rye Bread*	12 Meat & Veggie Pizza** Peas & Carrots* Fruited Gelatin*	13 Meatloaf* w/Gravy Mashed Potatoes* Cut Green Beans Fresh Strawberries* French Bread Roll*	14 Orange Chicken** over Brown Rice** Asparagus Red Delicious Apple* Fortune Cookie	15 Fish Tenders* Smashed Baked Potato* Dilled Carrots* Fruit Cocktail* Double Chocolate Cookie*
18 Turkey Reuben with Pub Bun** Kiwi * Raisins ** Shamrock Poke Cake **	19 Chicken Enchiladas*** Spanish Rice* Cucumber & Tomato Salad 2 Clementine*	20 Stuffed Salmon w/Alfredo Sauce* Brussel Sprouts w/Apples* Kiwi* Blueberry Muffin**	21 Sweet Honey Chicken Tenders** over Mac & Cheese* Dilled Carrots* Strawberries & Blueberries*	22 Baked Spaghetti** California Blend Vegetables Red Grapes* Savory Garlic Bread*
25 French Dip** Ranch Potatoes** Cucumber & Tomato Salad Golden Delicious Apple*	26 Chicken Cordon Bleu* with Alfredo Sauce Roasted Red Potatoes** Braised Red Cabbage with Apples* Applesauce Salad**	27 <u>EASTER CELEBRATION</u> Smoked Honey Ham Steak Cheesy Potatoes** Asparagus Fresh Plum* Hawaiian Roll* Carrot Cake*** 	28 Cheesy Chicken Smashed Baked Potato* Peas & Carrots* Fresh Blueberries* Hawaiian Roll*	29 <u>GOOD FRIDAY</u> All Centers Closed

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend:

Sanford: (989) 687-7888 Coleman: (989) 465-6216 Trailside: (989) 633-3790 Mills: (989) 282-1622 Greendale: (989) 832-8683.

Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.



SENIOR SERVICES
www.SeniorServicesMidland.org
989-633-3700

Meals on Wheels Cold MENU • MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Cottage Cheese & Veggies* Navy Bean Salad* 2 Clementine* Cranberry Bran Muffin**	27 Turkey & Provolone Hamburger Bun** Trail Mix Salad** Kiwi*	28 Almond Lemon Chicken Peas & Peanut Salad* Raisins** Hawaiian Roll*	29 Tuna Pasta Salad** Confetti Bean Salad* Chunky Applesauce* Naan Flatbread*	1 <u>MARCH</u> Meatloaf* Pickled Beets Banana** Rye Bread**
4 Cottage Cheese & Fruit** Navy Bean Salad* Grape Juice* Peanut Butter Cookie*	5 Almond Lemon Chicken Peas & Peanut Salad* Red Grapes* Hawaiian Roll*	6 Boiled Eggs Broccoli Citrus Salad* Fresh Pear** Apple Walnut Buttermilk Muffin**	7 Tuna Pasta Salad** Confetti Bean Salad* 2 Clementine* Sourdough Bread*	8 Chicken & Bean Salad** Apple Raisin Carrot Salad* Green Grapes* Poppyseed Bread**
11 Crispy Chicken & Colby Jack Cheese w/Hamburger Bun** Red Beans & Pasta Salad** Strawberries*	12 Mexican Chicken Salad Taco Chips** & Salsa Fresh Plum* Banana Pudding w/ Vanilla Wafers**	13 Egg Salad Confetti Bean Salad* Grape Juice* Wheat Sweet Yeast Roll**	14 Million Dollar Chicken Salad w/ Bacon & Sunflower Seeds Broccoli Citrus Salad* Fresh Pear** Cinnamon Swirl Bread*	15 Meatloaf* Sandwich with Rye Bread** Cucumbers 'n Cream Banana**
18 Tuna Salad Corn Salad* Fresh Plum* Raisins** Wheat Sweet Yeast Roll**	19 Chicken Walforf Salad Greek Pasta Salad* Fresh Pear** Grape Juice* Rye Bread**	20 Cabbage and Ham Salad* Golden Delicious Apple* French Bread Roll* Tapioca Pudding**	21 Chicken Tortellini Salad** Apple Raisin Carrot Salad* Kiwi* Peanut Butter Cookie*	22 Turkey & Colby Sandwich with Pub Bun** Corn Salad* Red Delicious Apple* Oatmeal Cookie*
25 Pork & Provolone Sandwich with Pub Bun** Navy Bean Salad* Strawberries & Blueberries*	26 Taco Salad Taco Chips** & Salsa Peaches* Banana Pudding with Vanilla Wafers**	27 Tuna Pasta Salad** Cucumbers 'n Cream Golden Delicious Apple* Confetti Filled Cookie**	28 Asian Chicken Salad w/Almonds** Broccoli Citrus Salad* Fresh Pear** Chocolate Pudding**	29 <u>GOOD FRIDAY</u> All Centers Closed

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