



CENTER HOT MENU • MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lemon Pepper Chicken Brown Rice** California Blend Vegetables Naan Flatbread* Red Delicious Apple*	3 Meatloaf* Meat Loaf Gravy Mashed Potatoes* Key West Vegetable* Cantaloupe* French Bread Roll*	4 Chicken Parmesan* Whole Wheat Penne Pasta* Broccoli Peach Parfait**	5 Tuna Noodle Casserole** Stewed Apples* Broccoli Citrus Salad* WG Wheat Sweet Yeast Roll**	6 Cheddar Burger w/Fried Onions** with Tomato & Lettuce French Green Beans Burst O Berries* Raspberry Lemon Bar*
9 BBQ Chicken Breast* Baked Beans** Dilled Carrots* Strawberries & Blueberries* WG Wheat Sweet Yeast Roll*	10 Stuffed Salmon with Alfredo Sauce* Balsamic Roasted Brussels Sprouts* Kiwi* Blueberry Muffin**	11 BBQ Pork Wings*** Ranch Potatoes* Broccoli w Cheese Sour Cream Packet Fruited Gelatin**	12 Cheesy Chicken* Smashed Baked Potato** Peas & Carrots* Fresh Blueberries* Hawaiian Roll*	13 Baked Spaghetti** California Blend Vegetables Red Grapes* Savory Garlic Bread* Cranberry Juice*
16 Sweet & Sour Chicken** Over Brown Rice* Green Beans with Almonds Red Delicious Apple* Fortune Cookie	17 ST. PATRICK'S DAY St. Patrick's Corned Beef & Vegetables Roasted Red Potatoes** Potato Rosemary Bread* Cool Pistachio Dessert**	18 Smoked Honey Ham Steak Parsley Potatoes* Pork Gravy Broccoli w Cheese Red Grapes* Hawaiian Parfait**	19 Chicken Cordon Bleu* with Alfredo Sauce Penne* Asparagus Fresh Pear**	20 Fish Tenders* Smashed Baked Potato** Dilled Carrots* Fruit Cocktail* Double Chocolate Cookie*
23 Smothered Chicken* Cauliflower w/ Parsley Butter Sauce Pineapple Tidbits* Pistachio Fluff** WG Wheat Sweet Yeast Roll**	24 California Reuben** Coleslaw Ranch Potatoes* Kiwi* Oatmeal Raisin Cookie*	25 Chicken Bowl*** Corn** Ambrosia Salad**	26 All American Burger** Parsley Potatoes* Fruited Gelatin** Baby Carrot pack	27 Crispy Pollock Fillet* Macaroni & Cheese* Peas & Carrots* Clementine* French Bread Roll*
30 Egg Roll Bowl* Brown Rice** Northwest Vegetable Blend* Naan Flatbread* Applesauce Salad* Fortune Cookie	31 Crispy Chicken Ranch Sandwich*** Creamy Bacon Dressing with Tomato & Leaf Lettuce Roasted Zucchini Clementine* Sugar Cookie*	1 EASTER LUNCH Honey Glazed Ham* Au Gratin Potatoes* Green Beans w/ Bacon & Onion* Hawaiian Roll* Carrot Cake***	2 Tortilla Crunch Tilapia* Baked Potato** Sour Cream Packet Cut Green Beans WG Wheat Sweet Yeast Roll** Grape Cranberry Juice*	3 Closed for Good Friday

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.



Meals on Wheels Cold MENU • MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cottage Cheese & Fruit* Navy Bean Salad* Grape Cranberry Juice* Peanut Butter Cookie*	3 Almond Lemon Chicken Peas & Peanut Salad* Red Grapes** Hawaiian Roll*	4 Boiled Eggs Dill Pickle Pasta Salad* Fresh Pear** Banana Muffin** Tomato Juice	5 Meatloaf* On Rye Bread* Cukes 'n Cream Clementine* Cranberry Juice*	6 Chicken & Bean Salad** Apple Raisin Carrot Salad** Banana** Poppyseed Bread**
9 Crispy Oven Chicken* Colby Jack Cheese Slice Hamburger Bun** Macaroni Salad* Mangoes & Pineapple*	10 Mexican Chicken Salad* Salsa Fresh Plum* Tortilla Chips* Vanilla Pudding w/ Vanilla Wafers**	11 Egg Salad Confetti Bean Salad* Grape Cranberry Juice* Wheat Sweet Yeast Roll**	12 Million Dollar Chicken Salad Broccoli Citrus Salad* Fresh Pear** Cinnamon Swirl Bread*	13 Tuna Pasta Salad** Cukes 'n Cream* Red Delicious Apple* Tomato Juice
16 Chicken Tortellini Salad* Apple Raisin Carrot Salad** Kiwi* Ranger Cookie**	17 ST. PATRICK'S DAY Chicken Waldorf Salad Fresh Pear** Grape Cranberry Juice* Naan Flatbread*	18 Cabbage and Ham Salad* Red Delicious Apple* French Bread Roll* Tapioca Pudding**	19 Tuna Salad* Three Bean Salad* Fresh Plum* Wheat Sweet Yeast Roll**	20 Turkey and Swiss Cheese Whole Grain Sub Bun** Salad Dressing Pkt Corn Salad* Raisins** Applesauce Salad*
23 Pork Sandwich on Bun** Navy Bean Salad* Strawberries & Blueberries*	24 Taco Salad Salsa Tortilla Chips* Corn Salad* Peaches* Vanilla Pudding**	25 Asian Chicken Salad** Broccoli Citrus Salad* Fresh Pear** Chocolate Pudding**	26 Tuna Apple Salad Confetti Bean Salad* Sourdough Bread* Ambrosia Salad**	27 Chicken Pasta Salad** Beets* Banana** Wheat Sweet Yeast Roll**
30 Ham, Turkey and Cheese Wheat Bread** Potato Salad* Grapes* Apple Juice*	31 Poppy Seed Chicken Pasta Salad*** Confetti Bean Salad* Mangoes & Pineapple* Peanut Butter Cookie*	1 EASTER LUNCH Egg Tossed Salad FF French Dressing* Fresh Pear* Naan Flatbread**	2 Ground Turkey Salad w/ Relish Rye Bread* Red Delicious Apple* Fruited Gelatin** String Cheese	3 Closed for Good Friday

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