

March 2019

Meals on Wheels 623-931-7436

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|--|---|----------------------------------|-----|
| | Meal Delivery Time 10:15-1:30 p.m. Please be ready for your Driver | MILK SERVED DAILY: ½ Pint | *Special Diets May Vary* | | NO LUNCH SERVED | |
| 3 | Pork Roast Whipped Potatoes French Green Beans Tropical Fruit Mix | Beef Stir Fry Steamed Cabbage Snap Peas Fresh Fruit | Seafood Salad w/ lettuce mix & crabmeat Chilled Beets Fruited Gelatin | Beef Stuffed Pepper Garden Blend Rice Baby Carrots Fruit Crisp | NO LUNCH SERVED | |
| 10 | Veal Parmigiana Italian Blend Veg. Asparagus Pears | BBQ Chicken Tri-Colored Potatoes Country Mix Veg. Fresh Fruit | Hamburger Dilled Carrots Seasoned Potatoes Yogurt | Chicken Chop Suey Asian Blend Veg. Broccoli Mandarin Oranges | NO LUNCH SERVED | |
| 17 | Corned Beef & Cabbage Red Potatoes Seasoned Carrots Pistachio Dessert | Turkey Burger Sweet Potatoes Lima Beans Fresh Fruit | Chicken Rotini Baby Carrots Italian Green Beans Fruit Cocktail | Beef Tostada Refried Beans Spanish Rice Pineapple | NO LUNCH SERVED | |
| 24 | Baked Chicken Cauliflower Brussel Sprouts Peach Slices | Beef & Bean Chili Baby Carrots Cornbread Fresh Fruit | Meatball Sub Italian Green Beans Snap Peas Mango Icee | Chicken Salad Beets Carrot Salad Mandarin Oranges | NO LUNCH SERVED | |
| 31 | | | | | | |

YWCA Menu Subject to Change