



March 2020

YWCA Meals on Wheels (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Alfredo Snap Peas Bermuda Mix Veg. Pineapple Tidbits	3 Beef & Rice Stuffed in a Pepper Caribbean Blend Veg. Warm Apple Slices	4 Sweet & Sour Chicken California Blend Veg. Egg Roll Mandarin Oranges	5 Hamburger Normandy Blend Veg. Seasoned Potatoes Fruit Cocktail	6 NO LUNCH SERVED	7
8	9 Lemon Pepper Fish Baby Carrots Coleslaw Tropical Fruit Mix	10 Grilled Chicken Zucchini & Squash Buttered Corn Sliced Peaches	11 Swedish Meatballs Tuscany Blend Veg. Country Mix Veg. Fresh Fruit	12 Chicken Fajita w/peppers Fiesta Blend Veg. Brussel Sprouts Diced Pears	13 NO LUNCH SERVED	14
15	16 Roasted Chicken Leg Caribbean Blend Veg. Flame Roasted Corn Sliced Peaches	17 St. Patrick's Day Corned Beef & Cabbage Red Potatoes Seasoned Carrots Pistachio Dessert	18 Chicken Caesar Salad Sliced Tomato Potato Salad Fresh Fruit	19 Beef Chili w/beans Cornbread Carrot Coins Applesauce	20 NO LUNCH SERVED	21
22	23 Beef Goulash Winter Blend Veg. Mixed Veg. Diced Pears	24 Pork Carnitas Normandy Blend Veg. Refried Beans Low-Fat Fruited Yogurt	25 Beef Stew w/ Homestyle Veg. Mix Broccoli Warm Apple Slices	26 Baked Cod Stewed Tomatoes Coleslaw Peach Pie	27 NO LUNCH SERVED	28
29	30 BBQ Pulled Pork Dilled Carrots Seasoned Potatoes Pineapple Tidbits	31 Chicken Parmigiana Sicilian Blend Veg. Italian Green Beans Fresh Fruit		DAILY SUGGESTED CONTRIBUTION: \$2.50	MILK SERVED DAILY: ½ Pint	

YWCA Menu Subject to Change