

Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



March 2018

Menu Is Subject To Change Without Notice

Meals are Funded By



Along with Participant Contributions,
United Way Partners, Grant Awards and
Local Donations

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Provide (per week) 85 grams of Carbs 600 - 850 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>			<p>1 Sweet & Sour Pork Rice Oriental Vegetables Whole Wheat Bread Jell-O w/ Fruit</p>	<p>2 Tuna Noodle Casserole Spinach Carrot Coins Whole Wheat Dinner Roll Pears</p>
<p>5 Scalloped Potatoes & Ham Broccoli Florets Harvard Beets Whole Wheat Bread Apricots</p>	<p>6 Country Chicken Mac & Cheese Green Beans Cornbread Mandarin Oranges</p>	<p>7 Hungarian Pork Chop Mashed Potatoes w/ Gravy Peas Whole Wheat Biscuit Fruit Cocktail</p>	<p>8 Chinese Beef over Brown Rice Carrots Coins Red Spiced Cabbage Whole Wheat Bread Pineapple</p>	<p>9 Meatless Baked Manicotti Italian Blend Vegetables Cucumber Salad Whole Wheat Bread Sliced Pears</p>
<p>12 Turkey Pot Pie Mashed Potatoes Green Beans Whole Wheat Dinner Roll Crunchy Cranberry Salad</p>	<p>13 Tilapia Potato Wedges Brussels Sprouts Whole Wheat Roll Applesauce</p>	<p>14 Chicken Teriyaki over Rice Oriental Blend Whole Wheat Biscuit Pineapple</p>	<p>15 Macaroni & Cheese Peas and Pearl Onions California Blend Vegetables Sliced Apples Corn Bread</p>	<p>16 St. Patrick's Day Meal Leprechaun Corned Beef Shamrock Potatoes & Carrots Pot of Gold Cabbage Rye Bread Irish Fluff</p>
<p>19 Sweet & Sour Meatballs Noodles Prince Charles Blend Vegetables Biscuit Peaches</p>	<p>20 Italian Baked Chicken Mashed Potatoes w/ Gravy Broccoli & Cauliflower Roll Oranges</p>	<p>21 BBQ Pulled Pork Apple Bean Bake Creamy Coleslaw Whole Wheat Bun Grape Juice</p>	<p>22 Swedish Meatballs Noodles Brussels Sprouts Whole Wheat Bread Mandarin Oranges</p>	<p>23 Vegetarian Spaghetti Scandinavian Blend Vegetables Side Salad w/ Italian Dressing Bread Stick Pears / Birthday Cake</p>
<p>26 Ham & Beans Tossed Salad w/ French Dressing Sweet Corn Crackers Orange Juice</p>	<p>27 BBQ Chicken Sweet Potatoes Coleslaw Whole Wheat Bread Pineapple</p>	<p>28 Soft Tacos w/ Tomato / Lettuce / Onions / Cheese / Taco Sauce Refried Beans Applesauce</p>	<p>29 Easter Meal Sliced Ham Mashed Potatoes Salad w/ Ranch Dressing Corn / Roll Hard Boiled Egg Fruit Salad / Easter Cookie</p>	<p>30 Closed for Good Friday</p>