

Meals on Wheels of SW Michigan/
Senior Nutrition Services
Congregate Menu



March 2019

Menu Is Subject To Change Without Notice

Meals are Funded By



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Provide (average per week) 75 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>				<p>1 Hungarian Pork Chop Noodles Broccoli Biscuit Mandarin Oranges</p>
<p>4 Sweet & Sour Chicken w/ Peppers & Onions Brown Rice Oriental Blend Vegetables Pears</p>	<p>5 Hot Beef Sandwich Baked Potato Beets Whole Wheat Bun Pineapple</p>	<p>6 Egg Frittata w/ Cheese Broccoli Side Salad Whole Wheat Roll Fruit Jello</p>	<p>7 Roast Beef w/ Gravy Mashed Potatoes Green Beans Italian Bread Slice Peaches</p>	<p>8 Vegetarian Taco Spanish Rice Stewed Tomatoes Tortilla Pears</p>
<p>11 Meatloaf Mashed Potatoes Winter Vegetables Whole Wheat Bread Grapes</p>	<p>12 Traditional Goulash Coleslaw Biscuit Fruited Jello</p>	<p>13 Turkey à la King w/ Carrots & Peas Noodles Capri Blend Vegetables Baked Apples</p>	<p>14 Baked Manicotti w/ Sausage Steamed Zucchini & Onions Whole Wheat Roll Pineapple</p>	<p>15 St. Patrick's Meal Corned Beef & Cabbage Red Potatoes & Carrots Side Salad Irish Soda Bread Irish Fluff</p>
<p>18 Chicken Taco Salad Black Bean Salad Tortilla Chips Cinnamon Applesauce</p>	<p>19 Chicken Teriyaki Herbed Rrce & Quinoa Steamed Zucchini Fruit Yogurt</p>	<p>20 Salisbury Steak Noodles Stewed Tomatoes Cornbread Pears</p>	<p>21 Quiche Lorraine Roasted Rosemary Potatoes Mustard Greens Breadstick Mandarin Oranges</p>	<p>22 Lemon Pepper Fish Mashed Sweet Potatoes Chickpea Salad w/ Vegetables Whole Wheat Roll Apricots</p>
<p>25 Pork w/ Black-Eyed Peas over White Rice Broccoli Spring Mix Cornbread Applesauce</p>	<p>26 Chicken Provolone Potato Mixed Vegetables Italian Bread Pineapple</p>	<p>27 Hamburger Lettuce / Tomato / Pickles Potato Salad Whole Wheat Bun Vanilla Pudding</p>	<p>28 Roasted Turkey w/ Gravy Parmesan Cauliflower Side Salad Whole Wheat Roll Mandarin Oranges</p>	<p>29 Crispy Fish Filet Steamed Spinach Mixed Vegetables Breadstick Birthday Cake Fruit</p>