



Service.
Support.
Smart Aging.

Meals on Wheels Menu

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Maple Glazed Chicken, Roasted Sweet Potato, Chateau Veggie Blend, Apple Pie	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Mandarin Oranges	Sirloin Tips, Wheat Penne, Garden Salad with FF Ranch, SF Pudding	Chicken Alfredo, Wheat Penne, Garlic Basil Green Beans, Pears	Garlic Thyme Chicken, Pinto Beans, Squash Medley, SF Jello	Whole Wheat Spaghetti with meat sauce, Steamed Carrots, Rice Krispy
7	8	9	10	11	12	13
Chef's Special	Roasted Turkey, Stuffing, Cheateau Veggies, Oatmeal Cookie	Down Home Mac n Cheese, Green Beans, Peaches	Honey Pineapple Chicken, Brown Rice, California Veggie, Rice Krispy	Teriyaki Beef, Mashed Potatoes, Garden Salad, SF Pudding	Baked Fish with Picatta Sauce, Pagoda Rice, Savory Dill Rice, Pears	Teriyaki Beef, Wild Rice, Mixed Vegetables, Mandarin Oranges
14	15	16	17	18	19	20
Chef's Special	Awesome Pot Roast, Roasted Red Potatoes, Steamed Carrots, Fruit Cup	Chicken Cacciatore, Wheat Penne Pasta, Skillet Vegetables, Rice Krispy	Salisbury Steak, Sauteed Vegetables, Smokey Mashed Potatoes, Peaches	Pulled Smoked Pork, Seasoned Pinto Beans, Garden Salad with FF Ranch, Jello	Bourbon Chicken, Brown Rice, Sauteed Vegetables, Pudding	Chicken Salad, Beets and Onions, Crackers, Mandarin Oranges
21	22	23	24	25	26	27
Chef's Special	Basil Garlic Chicken, Brown Rice, Squash Medley, Rice Krispy	Smoky Beef Tips, Gravy, Wild Rice, Steamed Carrots, Sugar Cookie	Baked Lemon Chicken, Brown Rice, Garden Salad, SF Pudding	Salmon Lemonata, Roasted Sweet Potatoes, Brussel Sprouts, Jello	Meatloaf, Roasted Red Potatoes, Green Beans, Fruit Cup	Beef Chili, Chateau Veggie, Brown Rice, Peaches
28				Notes:		
Chef's Special				SF - Sugar Free FF - Fat Free ALL meals will come with Milk ** All meals are subject to change based on availability **		



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Meals on Wheels Nutrition Information

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	565
	Calories 595 Fat 17g Protein 39g Total Carbohydrates 70g Sodium 775mg Sugar 22g	Calories 455 Fat 17.5g Protein 20g Total Carbohydrates 55g Sodium 1275mg Sugar 23g	Calories 870 Fat 35.5g Protein 22g Total Carbohydrates 108g Sodium 1345mg Sugar 60g	Calories 755 Fat 51g Protein 32g Total Carbohydrates 63g Sodium 835mg Sugar 22g	Calories 560 Fat 30g Protein 27g Total Carbohydrates 45g Sodium 1070mg Sugar 23g	Calories 590 Fat 25.5g Protein 49g Total Carbohydrates 33g Sodium 1800mg Sugar 17g
7	8	9	10	11	12	13
	Calories 550 Fat 25g Protein 26g Total Carbohydrates 52g Sodium 1960mg Sugar 29g	Calories 495 Fat 28g Protein 22g Total Carbohydrates 41g Sodium 1185mg Sugar 21g	Calories 490 Fat 11g Protein 37g Total Carbohydrates 65g Sodium 1590mg Sugar 35g	Calories 660 Fat 31g Protein 35g Total Carbohydrates 62g Sodium 1835mg Sugar 32g	Calories 550 Fat 35g Protein 25g Total Carbohydrates 51g Sodium 1385mg Sugar 26g	Calories 610 Fat 22g Protein 2280mg Total Carbohydrates 35g Sodium 41g Sugar 32g
14	15	16	17	18	19	20
	Calories 545 Fat 27g Protein 30g Total Carbohydrates 52g Sodium 1255mg Sugar 20g	Calories 460 Fat 29g Protein 39g Total Carbohydrates 45g Sodium 1905mg Sugar 15g	Calories 730 Fat 34g Protein 44g Total Carbohydrates 79g Sodium 2205mg Sugar 28g	Calories 520 Fat 21.5g Protein 43g Total Carbohydrates 38g Sodium 1115mg Sugar 11g	Calories 540 Fat 24g Protein 37g Total Carbohydrates 43g Sodium 975mg Sugar 22g	Calories 615 Fat 32g Protein 25g Total Carbohydrates 65g Sodium 1255mg Sugar 26g
21	22	23	24	25	26	27
	Calories 570 Fat 13g Protein 35g Total Carbohydrates 72g Sodium 730mg Sugar 19g	Calories 550 Fat 26g Protein 38g Total Carbohydrates 59g Sodium 1135mg Sugar 19g	Calories 600 Fat 26g Protein 32g Total Carbohydrates 66g Sodium 615mg Sugar 18g	Calories 700 Fat 33.5g Protein 26g Total Carbohydrates 67g Sodium 1230mg Sugar 40g	Calories 470 Fat 26.5g Protein 28g Total Carbohydrates 50 Sodium 1845mg Sugar 16	Calories 520 Fat 16g Protein 33g Total Carbohydrates 76g Sodium 1325mg Sugar 20g
28						