

**March 2**  
HAWAIIAN HAY STACKS  
Rice  
California Mix Vegetables  
Cinnamon Apples  
Fortune Cookie  
WW Bread  
Milk

**March 9**  
IDAHO MEATLOAF  
Potatoes and Gravy  
Beets  
Fruit Crisp  
WW Bread  
Milk

**March 16**  
CHICKEN FRIED STEAK  
Mashed Potatoes and Gravy  
Peas  
Fruit Crisp  
Cracked Wheat Roll  
Milk

**March 23**  
BEEF STROGANOFF  
Noodles  
Stewed Tomatoes  
Green Beans  
**Fruit Juice**  
WW Bread  
Milk

**March 30**  
SALISBURY STEAK  
WITH MUSHROOM GRAVY  
Whipped Potatoes  
Harvard Beets  
**Fruit Juice**  
WW Bread  
Milk

**March 3**  
BBQ BAKED CHICKEN  
Cheesy Mashed Potatoes  
Dilled Green Beans  
Carrot/Pineapple Salad  
WW Bread  
Milk

**March 10**  
HOT ROAST BEEF SANDWICH  
Potatoes and Gravy  
Italian Blend Vegetables  
WW Bread  
Milk

**March 17**  
CORNED BEEF & CABBAGE  
WITH MUSTARD  
Baby Carrots  
Mashed Potatoes  
Pears In Jell-O  
WW Bread  
Milk

**March 24**  
POLISH SAUSAGE  
With Sauerkraut  
Sliced Carrots  
Peas  
**Fruit Juice**  
Hot Dog Bun  
Milk

**March 31**  
SWISS STEAK & NOODLES  
Broccoli  
Fruit Crisp  
WW Bread  
Milk

**March 4**  
SWEDISH MEATBALLS  
Potatoes and Gravy  
Broccoli  
WW Bread  
Milk

**March 11**  
PEPPER STEAK WITH RICE  
Winter Mix Vegetables  
Carrots  
Pudding  
Cracked Wheat Bread  
Milk

**March 18**  
OVEN BAKED CHICKEN  
Cheese Potatoes  
Mixed Vegetables  
Coleslaw  
WW Bread  
Milk

**March 25**  
PORK ROAST  
Potatoes and Mushroom Gravy  
Italian Mixed Vegetables  
**Fruit Juice**  
WW Bread  
Milk

**March 5**  
CRISPY FISH FILLET  
With Tartar Sauce  
Au Gratin Potatoes  
Country Mixed Vegetables  
Peaches  
Cornbread  
Milk

**March 12**  
HOT TURKEY SANDWICH  
Mixed Vegetables  
Mashed Potatoes  
Cranberry Sauce  
WW Bread  
Milk

**March 19**  
LASAGNA  
Winter Mix Vegetables  
Hot Apples  
Texas Toast  
**Fruit Juice**  
Milk

**March 26**  
LIVER & ONIONS  
Mashed Potatoes  
Mixed Vegetables  
Pudding  
WW Bread  
Milk

**March 6**  
BBQ PORK CHOPS  
Spinach  
Rice  
**Fruit Juice**  
Cracked Wheat Roll  
Milk

**March 13**  
BAKED CHICKEN BREAST PATTY  
Rice and Gravy  
Green Beans  
Cottage Cheese & Pineapple Salad  
WW Bread  
Milk

**March 20**  
MACARONI & CHEESE w/HAM  
Steamed Cabbage  
Carrots  
Cake  
WW Bread  
Milk

**March 27**  
SPAGHETTI WITH MEAT SAUCE  
Broccoli  
Corn  
Cookie  
Texas Toast  
Milk

Substitutions may be required  
to ensure a nutritious meal.

# MARCH 2009

MEALS-ON-WHEELS MENU 327-7460