

March 2023

Meals On Wheels (MOW) Menu

Meals on Wheels - 753-5084

<http://www.cortland-co.org/434/Area-Agency-on-Aging>

The suggested contribution is \$3.00.

Menu is subject to change without notice.

Mon	Tue	Wed	Thu	Fri
8oz 1% Milk Daily		1. Boiled Ham Dinner Cabbage & Carrots Potatoes Whole Wheat Bread Oatmeal Raisin Cookie	2. Chipped Beef Mashed Potatoes California Blend Vegetables Whole Wheat Bread Fruit Whip	3. Sausage, Peppers & Onions on a Bun Southern Style Black Eyed Peas Pears
6. Goulash Green Beans Whole Wheat Bread Pineapple Tidbits	7. Macaroni & Cheese Stewed Tomatoes Broccoli Pears	8. Meatloaf Mashed Potatoes & Gravy Wax Beans Peanut Butter Brownie	9. Salisbury Steak Au Gratin Potatoes Mixed Vegetables Whole Wheat Bread Hot Cinnamon Apple Slices	10. Sloppy Joes on a Bun Succotash Tossed Salad Peaches
13. Sweet & Sour Chicken over Rice Southwestern Blend Vegetables Vanilla Pudding w/ Topping	14. Breakfast Egg Scram- ble: Ham, Broccoli, & Cheese Creamy Pea Salad Potatoes O'Brien Good Morning Muffin	15. Roast Beef & Gravy Garlic Mashed Potatoes Baby Carrots Baked Beans Birthday Cake	16. Chicken Patty Loaded Baked Potato w/ Cheese & Broccoli Tossed Salad Banana	17. Vegetable Stew Whole Wheat Roll Coleslaw Mashed Sweet Potato Fresh Fruit Salad
20. Stuffed Shells Cauliflower Peaches Whole Wheat Bread Oatmeal Raisin Cookie	21. Salisbury Steak Au Gratin Potatoes Tossed Salad Cinnamon Applesauce	22. Happy Birthday! Yankee Pot Roast Boiled Potatoes Baby Carrots Whole Wheat Bread Birthday Cake	23. Scalloped Potatoes & Ham Peas Beets Apricots	24. Deluxe Cheeseburger Lettuce, Tomato, Onion, American Cheese on Bun Baked Beans Banana
27. Potato Crusted Baked Fish Macaroni & Cheese Mixed Vegetables Coleslaw Peaches	28. Spanish Rice Whole Wheat Roll Green Beans Mixed Fruit	29. Ham, Broccoli & Ched- dar Casserole Capri Blend Vegetables Whole Wheat Bread Pineapple	30. Open Faced Hot Turkey Sandwich w/Gravy Butternut Squash Coleslaw Berry Crisp	31. Philly Chicken w/ Mushrooms, Peppers, Onion & Cheese on a Bun Mashed Sweet Potatoes Pears