

# MARCH MENU

7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <b>MEALS ON WHEELS</b> <b>AMERICA</b> <small>TOGETHER, WE CAN DELIVER.</small>		1 Goulash Cauliflower Peaches Juice	2 Ham & Bean Butternut Squash Citrus Salad	
5 Chili Home Fries Apple Slices Citrus Salad	6 Hamburger w/ Lettuce & Tomatoes Spudster Potatoes Grapefruit	7 Chicken Strips Tomato Soup Banana Tropical Fruit  <i>Willard Birthday</i>	8 Pizza With Toppings Salad w/tomatoes Apricots  <i>Norwalk Birthday</i>	9 Ham Steak Sweet Potato Green Beans Country Apples
12 Turkey Fritter Diced Potatoes California Blend Plums	13 Pulled Pork Texas Fries Coleslaw Apricots	14 Chicken Drumstick Red Potatoes Squash Pineapple	15 Pasta w/meatballs Side Salad Green Beans Mandarin Oranges	16 Meatloaf Mashed Potatoes Corn Fruit Cocktail
19 Pork Chop Mashed Sweet Potatoes Brussel Sprouts Fruit Cocktail	20 Turkey Burger w/ Lettuce & Tomatoes Spudster Potatoes Grapefruit	21 Country Fried Steak Mashed Potatoes Peas & Carrots Pineapple  <i>Wakeman Lunch</i>	22 Taco Salad Refried Beans Lettuce/Tomatoes Mandarin Oranges	23 Baked Chicken Breast Parsley Potatoes Baked Beans Tropical Fruit
26 Beef Roast Baked Potato Mixed Veggies Mandarin Oranges	27 Goulash Cauliflower Peaches Juice	28 Ham & Bean Butternut Squash Citrus Salad	29 Turkey Hot Spot Mashed Potatoes Carrots Pears	30 Sausage w/ Peppers Potatoes Plums

This menu is for all Home-Delivered Meals, MOW and the lunches served at the Norwalk Center at 11:30 and at the Willard Center at 11:30. **MENU SUBJECT TO CHANGE.**

**You must be signed up by 12:30 the day before by stopping in or calling your center.**

**Norwalk: 419-668-6245**

**Willard: 419-933-4701**