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

MARCH 2020—Congregate

Menu Is Subject To Change Without Notice

Meals are Funded By

REGION IV
Area Agency on Aging, Inc.
SPECIALISTS IN AGING

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ chicken Potato salad Roasted peppers & squash Peaches	3 Rotini with meatsauce Italian blend vegetables Mixed lettuce Pears	4 Sliced turkey with gravy Mashed potatoes Glazed carrots & broccoli salad Banana pudding	5 Philly steak sandwich Baked beans Scandivian blend Steak bun Citrus mix	6 Baked tilapia Confeti rice Green beans Applesauce
9 Beef stoganoff over noodles Beet salad with onions Steamed chopped collards greens Pineapple	10 Roasted Pork loin Potato Wedges Steamed broccoli Bun Baked apples with cinnamon	11 Chicken pot pie European blend Cucumber salad Mandarin oranges	12 Meatball sandwich Zucchini & tomato casserole WW bread Mixed fruit	13 Vegetarian chili with cheese Corn & peppers Side salad with dressing Crackers Fruited jello
16 Rosted chicken quarter Winter blend vegetables Roasted potatoes Roll Craisins	17—St Patrick's day Corned beef Potato & carrots Cabbage Silver dolar roll Irish Fluff	18 Pepper steak over rice Oriental vegetables Pears	19 Scalloped potatoes & chicken Sugar snap peas Carrot coins WW roll Fruited yogurt	20 Crispy fish fillet with tartar sauce Potato salad Mixed vegetables Applesauce
23 Taco casserole Black beans Tossed salad with french Pineapple	24 Country chicken Mashed potato with gravy Peas & carrots Peaches	25 Chinese beef over brown rice Asian vegetables WW bread Mandarin oranges	26 Sloppy Joes Coleslaw Southwest blend Bun Warm apples with raisins	27 **CLOSED FOR INSERVICE**
30 Pot roast with potatoes & carrots Green beans Roll Citrus mix	31 White bean chicken chili Mixed vegetables Crackers Fruited jello		Meals provide (average per week) Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. average Protein: 19 grams Total Fat : 30%	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can! We thank you!