

Meals on Wheels Menu - Spring 2023

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023	3/18/2023	3/19/2023
Chicken Fettuccini Alfredo	Roasted Pork Loin	BBQ Rib Sandwich	Swedish Meatballs	Battered Cod	Meatloaf	Chicken and Broccoli Casserole
3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023	3/25/2023	3/26/2023
Panko Crusted Chicken	Spaghetti and Meat sauce	Chicken Enchiladas	Hamburger and Cheese Casserole	Beef Stew	Lemon Pepper Tilapia	Chopped Beef Steak in Gravy
3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023	4/1/2023	4/2/2023
Glazed Pork Loin	Turkey Carbonara	Grilled Ruben Sandwich	Baked Ham	Beef Cabbage Roll	Salisbury Steak	Pineapple Pepper Chicken
4/3/2023	4/4/2023	4/5/2023	4/6/2023	4/7/2023	4/8/2023	4/9/2023
Sweet and Sour Meatballs	Fish Sandwich	Tex Mex Beef Pasta	Chicken Fritter Sandwich	Roast Beef	Scalloped Potatoes and Diced Ham	Chicken Breast with Peppers and Onions

CANCELLATION DEADLINES:

Regular weekday—by 9:00 am

Weekends: Friday by 1:00 pm

Holidays: See yellow sheet

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	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
	4/10/2023	4/11/2023	4/12/2023	4/13/2023	4/14/2023	4/15/2023	4/16/2023
	Beer Batter Shrimp	Racheal Sandwich	Hot Ham and Cheese	Beef and Broccoli Stir Fry	BBQ Grilled Chicken	Pork Steak	Stuffed Shells with Marinara
	4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023	4/22/2023	4/23/2023
	Baked Ranch Chicken	Shrimp Pasta Salad	Orange Chicken	Turkey Burger on a Bun	Chipped Beef	Cranberry Roast Pork	Baked Ziti
	4/24/2023	4/25/2023	4/26/2023	4/27/2023	4/28/2023	4/29/2023	4/30/2023
	Honey Mustard Chicken Thighs	Chicken Cordon Bleu	Salmon Burger on Bun	Sweet and Sour Pork	Baked Cod	Cranberry Turkey Wraps	Sloppy Joe
	5/1/2023	5/2/2023	5/3/2023	5/4/2023	5/5/2023	5/6/2023	5/7/2023
	Beef Tips Over Pasta	Creamy Sundried Tomato Chicken	Honey Garlic Pork loin	Chicken Salad	Beef Taco Bake	Orange Glazed Ham Steak	BBQ Pulled Chicken Sandwich

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Meals on Wheels Menu - Spring 2023

MON.

TUES.

WED.

THURS.

FRI.

SAT.

SUN.

5/8/2023	5/9/2023	5/10/2023	5/11/2023	5/12/2023	5/13/2023	5/14/2023
Boneless Country Pork Rib	Beef Lasagna	Chef Salad	Chicken ala King	Hamburger Goulash	Catalina Salmon	BBQ Rib Sandwich
5/15/2023	5/16/2023	5/17/2023	5/18/2023	5/19/2023	5/20/2023	5/21/2023
Herb Roasted Chicken	Egg Salad	Breaded Pork Fritter	Chicken and Dumplings	Country Fried Steak	Chicken Kiev	Sausage and Penne Casserole
5/22/2023	5/23/2023	5/24/2023	5/25/2023	5/26/2023	5/27/2023	5/28/2023
Apple and Onion Pork Loin	Coconut Shrimp	Taco Salad	Roast Turkey	Cranberry Chicken Salad	Batter Fried Cod	Chicken Enchilada
5/29/2023	5/30/2023	5/31/2023	6/1/2023	6/2/2023	6/3/2023	6/4/2023
HOLIDAY						
Swedish Meatballs	Chicken Parmesan	Pasta Primavera	BBQ Pulled Beef Sandwich	Corned Beef and Cabbage	Grilled Ham and Cheese	Turkey Burger in Gravy
↑ See yellow sheet for cancellation deadline.						

CANCELLATION DEADLINES

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Weekends: Friday by 1:00 pm

Holidays: See yellow sheet

MEALS ARE DELIVERED ON ALL

HOLIDAYS UNLESS CANCELLED BY

CONSUMER—See yellow sheet for

holiday cancellation deadlines.

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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6/5/2023	6/6/2023	6/7/2023	6/8/2023	6/9/2023	6/10/2023	6/11/2023
Wild Rice Stuffed Chicken Breast	Pulled Pork Sandwich	Turkey Ala King over biscuit	Vegetable Lasagna	Grilled Hamburgers	Grilled Chicken Over Italian Pasta	Crab Louie Salad

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