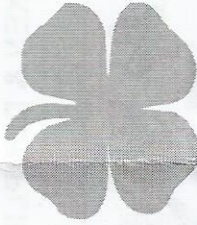


MARCH 2019

Meals on Wheels

(607) 754-7856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 MENU A BAKED FISH WITH RICE MENU B HOMEMADE MAC & CHEESE
4 MENU A CHEESEBURGER MENU B TURKEY BURGER WITH CHEESE	5 MENU A SPANISH RICE MENU B CHICKEN WITH RICE	6 MEATLOAF WITH KETCHUP GLAZE	7 MENU A SWEET & SOUR MEATBALLS MENU B SEASONED CHICKEN	8 MENU A ITALIAN SAUSAGE W/ PEPPERS & ONIONS MENU B FISH FLORENTINE
11 MENU A BEEF HOT DOGS WITH MEAT SAUCE MENU B KIELBASA WITH SAUERKRAUT	12 MENU A BBQ PULLED PORK MENU B SLOPPY JOE	13 CHEF'S CHOICE SALAD	14 MENU A SPAGHETTI & MEATBALLS MENU B SPINACH PASTA WITH ROASTED BROCCOLI & PEPPERS	15 MENU A BBQ BAKED CHICKEN WITH RICE MENU B FRIED FISH WITH RICE
18 MENU A SLICED ROAST TURKEY WITH GRAVY MENU B SLICED HAM WITH RAISIN SAUCE	19 MENU A OVEN BAKED CHICKEN MENU B GARLIC VEGGIE PASTA	20 BEEF STEW OVER A BISCUIT	21 MENU A PIEROGI & SAUTEED ONIONS MENU B CHICKEN & DUMPLINGS	22 MENU A SPINACH & CHEESE QUICHE MENU B HAM & CHEESE QUICHE
25 MENU A CHEF'S SALAD WITH TURKEY MENU B CHEF'S SALAD WITH HAM	26 MENU A BEEF CHILI MENU B WHITE CHICKEN CHILI	27 ROAST BEEF WITH GRAVY	28 MENU A HONEY BUTTER BAKED CHICKEN MENU B HONEY GARLIC PORK CHOP	29 MENU A CHICKEN PARMESAN MENU B EGGPLANT PARMESAN