



MARCH 2020

**MEALS ON WHEELS BY ACC
HOME-DELIVERED MEALS**

****Menu Subject to Change****

For more information about our program visit our website at www.mowsac.org

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Whole Wheat Bread w/Marg Raisins	2	Pepper Beef Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread w/Marg Applesauce	3	Bruschetta Chicken Breast Red Skin Potatoes Autumn Blend Whole Wheat Bread w/Marg Apple	4	Beef Meatballs over Pizzaiola Noodles Carrots Green Beans Whole Wheat Bread w/Marg Orange Juice	5	Beef Patty w/Onion Gravy Red Skin Potatoes Broccoli Florets Whole Wheat Bread w/Marg Banana	6
BBQ Chicken Breast Stewed Tomatoes Sweet Potatoes Whole Wheat Bread w/Marg Raisins	9	Pork Patty* w/Brown Gravy Spinach Sweet Potatoes Whole Wheat Bread w/Marg Fruit Punch Juice	10	Florentine Stuffed Shells w/Meatsauce (Beef) Northern Beans Spring Vegetables Whole Wheat Bread w/Marg Orange	11	Mushroom Swiss Chicken & Rice Stewed Tomatoes Peas & Carrots Whole Wheat Bread w/Marg Pineapple Cup	12	Salisbury Steak (Beef) Red Skin Potatoes Mixed Vegetables Whole Wheat Bread w/Marg Banana	13
Spaghetti w/Meatballs (Beef) Whole Kernel Corn Broccoli Florets Whole Wheat Bread w/Marg Orange	16	Honey Mustard Chicken Tenders Spinach Carrots Whole Wheat Bread w/Marg Apple Juice	17	Pork Patty* w/Zesty Orange Sauce Green Peas Carrots Whole Wheat Bread w/Marg Mixed Fruit Cup	18	Salmon (Fish) w/Coconut Curry Rice Three Seasons Vegetables Broccoli Florets Whole Wheat Bread w/Marg Banana	19	Beef Strips w/Brown Gravy Spinach Four Seasons Vegetables Whole Wheat Bread w/Marg Raisins	20
Chicken Breast over Rice & Gravy Bean Blend Carrots Bran Muffin w/Marg Orange Juice	23	Breakfast Scramble* Asparagus Hash Browns Whole Wheat Bread w/Marg Raisins	24	Honey Lemon Chicken Breast & Rice Black Beans & Corn Brussels Sprouts Whole Wheat Bread w/Marg Peach Cup	25	Chipotle Meatloaf (Beef) Red Skin Potatoes Green Beans Whole Wheat Bread w/Marg Orange	26	Macaroni & Cheese w/Smoked Sausage* Bean Blend Stewed Tomatoes Whole Wheat Bread w/Marg Banana	27
Pizzaiola Pork* Asparagus Carrots Whole Wheat Bread w/Marg Apple	30	All Beef Patty over Cheesy Chipotle Rice Whole Kernel Corn Broccoli Florets Whole Wheat Bread w/Marg Fruit Punch Juice	31	<p>Happy St. Patrick's Day</p>		<p>Heating Instructions: Slit film over each compartment. OVEN--Preheat oven to 350°F. Heat for 25 minutes or until meal reaches 165°F. MICROWAVE--Heat on high 5-7 minutes or until meal reaches 165°F. Carefully remove meal after cooking. Let stand 2 minutes.</p>			