



MARCH

2018



MEALS ON WHEELS BY ACC
"ALL SEASONS CAFE"

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>*SUGGESTED DONATION: \$2.00 PER MEAL*</p> <p>Menu Subject to Change Without Notice</p>				<p>Happy St. Patricks Day March 17</p>		<p>Sausage & Beans* 1 Winter Vegetables Cabbage Whole Wheat Bread w/Marg Banana</p>		<p>2 Beef Strips & Orange Rice Corn w/Peppers Broccoli Whole Wheat Bread w/Marg Orange Juice</p>	
<p>3 Pork* & Zesty Orange Rice Green Peas Carrots Whole Wheat Bread w/Marg Strawberry Applesauce</p>		<p>4 Rosemary Chicken Cinnamon Apples Spring Vegetables Whole Wheat Bread w/Marg Raisins</p>		<p>5 Beef Meatballs & Alfredo Shells Corn Green Beans Bran Muffin w/Marg Orange</p>		<p>6 Chicken & Apricot Rice Carrots Brussels Sprouts Whole Wheat Bread w/Marg Banana</p>		<p>7 Pollock (fish) w/Spinach Sauce Sweet Potatoes Cauliflower Whole Wheat Bread w/Marg Apple Juice</p>	
<p>8 Spaghetti w/Meatballs (beef) Corn Broccoli Whole Wheat Bread w/Marg Orange</p>		<p>9 Ginger Pork* Red Skin Potatoes Green Pea Blend Whole Wheat Bread w/Marg Blended Juice</p>		<p>10 Pesto Chicken Carrots Brussels Sprouts Bran Muffin w/Marg Pear Cup</p>		<p>11 Beef Patty Strips w/Gravy Mixed Greens Seasons Vegetables Whole Wheat Bread w/Marg Raisins</p>		<p>12 Chicken Breast & Teriyaki Rice Cauliflower Peas & Carrots Whole Wheat Bread w/Marg Banana</p>	
<p>13 BBQ Chicken Drummys Brussels Sprouts Black Beans & Corn Whole Wheat Bread w/Marg Mixed Fruit Cup</p>		<p>14 All Beef Patty over Chipotle Cheesy Rice Corn Broccoli Whole Wheat Bread w/Marg Raisins</p>		<p>15 Grilled Pork* w/Brown Gravy Mixed Greens Sweet Potatoes Whole Wheat Bread w/Marg Apple</p>		<p>16 Mushroom Swiss Chicken & Rice Cinnamon Apples Peas & Carrots Whole Wheat Bread w/Marg Banana</p>		<p>17 Stuffed Shell & Meatsauce (beef) Northern Beans Spring Vegetables Whole Wheat Bread w/Marg Orange Juice</p>	
<p>18 Beef Meatballs over Pizziola Pasta Green Beans Carrots Whole Wheat Bread w/Marg Orange</p>		<p>19 BBQ Chicken Sweet Potatoes Broccoli Bran Muffin w/Marg Applesauce Cup </p>		<p>20 Breakfast Scramble* Asparagus Hash Browns Whole Wheat Bread w/Marg Raisins</p>		<p>21 Tilapia (fish) w/Coconut Curry Rice Cinnamon Apples Lima Beans Whole Wheat Bread w/Marg Grape Juice</p>		<p>22 Chicken & Tomato Basil Penne Green Beans Corn w/Peppers Whole Wheat Bread w/Marg Banana</p>	

The First
Day Of
Spring