

Natrona County Meals On Wheels Menu

March 2023

Questions? Call us, **265-8659**

(All meals served with 8 oz milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27-Feb</p> <p>Beef Pepper Steak Over Rice 5-Way Vegetables Seven Layer Salad Apricot Wheat Bread Milk</p>	<p>28-Feb</p> <p>Pork Chops Baked Sweet Potato Chuckwagon Blend Vegetable Orange Carrot Salad Plums Wheat Bread Milk</p>	<p>1-Mar</p> <p>Chicken A La King Italian Blend Vegetable Fruit Salad Supreme Sugar Free Pudding Wheat Bread Milk</p>	<p>2-Mar</p> <p>Meatloaf Mashed Potatoes w/Gravy Asparagus The Everything Salad Fresh Fruit Wheat Roll Milk</p>	<p>3-Mar</p> <p>Pollock Fillet Criss Cut Fries Green Beans Broccoli 49-er Salad Peaches Wheat Bread Milk</p>
<p>6-Mar</p> <p>Chicken Vegetable Stew Capri Blend Vegetable Cobb Salad Grapes Wheat Bread Milk</p>	<p>7-Mar</p> <p>King Ranch Beef Casserole Spanish Rice Venetian Blend Vegetable Lettuce & Tomato Salad Plums Wheat Bread Milk</p>	<p>8-Mar</p> <p>Bbq Country Style Ribs Red Buttered Potatoes Lima Beans Summer Salad Sliced Apples Wheat Bread Milk</p>	<p>9-Mar</p> <p>Roast Beef Baked Potato Carrots Broccoli Almond Salad Mandarin Oranges Wheat Roll Milk</p>	<p>10-Mar</p> <p>Cod Fillet Rosemary Potatoes Sicilian Vegetable Blend Garden Vegetable Salad Prunes Wheat Bread Milk</p>
<p>13-Mar</p> <p>Spaghetti w/Meat Sauce Spinach Carrot & Celery Sticks Tropical Fruit Garlic Bread Milk</p>	<p>14-Mar</p> <p>Macaroni & Cheese Zucchini Tossed Salad w/Strawberries & Poppy Seed Dressing Pineapple Wheat Bread Milk</p>	<p>15-Mar</p> <p>Roasted Chicken w/Peppers & Potatoes Peas & Carrots Creamy Green Pepper Salad Fresh Fruit Wheat Bread Milk</p>	<p>16-Mar</p> <p>Corned Beef & Cabbage Over Boiled Potatoes Broccoli Mixed Green Salad Peaches Wheat Bread Milk</p>	<p>17-Mar</p> <p>Baked Fish O'Brien Potatoes Cascade Blend Vegetable Coleslaw Apricot Wheat Rolls Milk</p>
<p>20-Mar</p> <p>Breakfast Sausage & Egg Bake Hash Browns Banana Yogurt V-8 Juice Milk</p>	<p>21-Mar</p> <p>Beef Shepard's Pie California Normandy Green Bean & Tomato Salad Applesauce Wheat Bread Milk</p>	<p>22-Mar</p> <p>Turkey Breast Mashed Potatoes w/Gravy Sunshine Carrots Broccoli Salad Fruit Cocktail Wheat Bread Milk</p>	<p>23-Mar</p> <p>Scalloped Potatoes w/Ham Sugar Snap Peas Cucumber, Tomato & Zucchini Salad Fresh Fruit Wheat Roll Milk</p>	<p>24-Mar</p> <p>Baked Salmon Medley Potatoes Key West Blend Vegetable Creamy Cauliflower Salad Mandarin Oranges Wheat Bread Milk</p>
<p>27-Mar</p> <p>Chili Mozzarella Cheese Sticks Tossed Spinach Salad Pears Cornbread Muffin Milk</p>	<p>28-Mar</p> <p>Beef Patties w/Gravy Mashed Potatoes w/Gravy Carrots Apricots Jello Wheat Bread Milk</p>	<p>29-Mar</p> <p>Pork Roast w/Gravy Roasted Garlic Parmesan Potato Pacific Blend Vegetable Spring Salad Toss Fresh Fruit Wheat Bread Milk</p>	<p>30-Mar</p> <p>Baked Chicken Mashed Potatoes w/Gravy Brussels Sprouts Vegetable Salad Prunes Wheat Bread Milk</p>	<p>31-Mar</p> <p>Lemon Pepper Tilapia Potato Wedge Asparagus Three Bean Salad Tropical Fruit Wheat Bread Milk</p>

This menu may be changed at any time. Substitutions are made based on product availability or to satisfy the requirements of therapeutic diets.