

Natrona County Meals On Wheels Menu

March 2024

Questions? Call us, **265-8659**
(All meals served with 8 oz milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-Mar Beef Pepper Steak Over Rice 5-Way Vegetables Seven Layer Salad Apricot Wheat Bread Milk	5-Mar Pork Chops Baked Sweet Potato Chuckwagon Blend Vegetable Orange Carrot Salad Plums Wheat Bread Milk	6-Mar Chicken A La King Italian Blend Vegetable Fruit Salad Supreme Sugar Free Pudding Wheat Bread Milk	7-Mar Meatloaf Mashed Potatoes w/Gravy Asparagus The Everything Salad Fresh Fruit Wheat Roll Milk	8-Mar Pollock Fillet Criss Cut Fries Green Beans Broccoli 49-er Salad Peaches Wheat Bread Milk
11-Mar Chicken Vegetable Stew Capri Blend Vegetable Cobb Salad Grapes Wheat Bread Milk	12-Mar King Ranch Beef Casserole Spanish Rice Venetian Blend Vegetable Lettuce & Tomato Salad Apricots Wheat Bread Milk	13-Mar Bbq Country Style Ribs Red Buttered Potatoes Lima Beans Summer Salad Sliced Apples Wheat Bread Milk	14-Mar Roast Beef Baked Potato Carrots Broccoli Almond Salad Mandarin Oranges Wheat Roll Milk	15-Mar Cod Fillet Rosemary Potatoes Sicilian Vegetable Blend Garden Vegetable Salad Prunes Wheat Bread Milk
18-Mar Corned Beef & Cabbage Over Boiled Potatoes Broccoli Mixed Green Salad Peaches Wheat Bread Milk	19-Mar Macaroni & Cheese Zucchini Tossed Salad w/Strawberries & Poppy Seed Dressing Pineapple Wheat Bread Milk	20-Mar Roasted Chicken w/Peppers & Potatoes Peas & Carrots Creamy Green Pepper Salad Fresh Fruit Wheat Bread Milk	21-Mar Spaghetti w/Meat Sauce Spinach Carrot & Celery Sticks Tropical Fruit Garlic Bread Milk	22-Mar Baked Fish O'Brien Potatoes Cascade Blend Vegetable Coleslaw Apricot Wheat Rolls Milk
25-Mar Breakfast Sausage & Egg Bake Hash Browns Banana Yogurt V-8 Juice Milk	26-Mar Beef Shepard's Pie California Normandy Green Bean & Tomato Salad Applesauce Wheat Bread Milk	27-Mar Turkey Breast Mashed Potatoes w/Gravy Sunshine Carrots Broccoli Salad Fruit Cocktail Wheat Bread Milk	28-Mar Scalloped Potatoes w/Ham Sugar Snap Peas Cucumber, Tomato & Zucchini Salad Fresh Fruit Wheat Roll Milk	29-Mar Baked Salmon Medley Potatoes Key West Blend Vegetable Creamy Cauliflower Salad Mandarin Oranges Wheat Bread Milk