

# Meals on Wheels March COVID-19 Menu 2021

| Tuesday  | Wednesday   | Thursday   | Thursday   | Thursday  |
|--|---|--|--|---|
|  |   | <b>4/1/2021 - HOT</b> ●<br>Chicken Etouffee<br>Cajun Rice<br>Glazed Carrots<br>Fresh Apple<br>Saltine Crackers<br>Milk                       | <b>4/1/2021 - FROZEN</b> ●<br>Chicken Fajita<br>Pinto Beans<br>Stewed Tomatoes<br>Whole Wheat Tortilla<br>Orange Pineapple Juice<br>Milk | <b>4/1/2021 - FROZEN</b> ●<br>Thai Chili Chicken<br>Green Peas<br>Japanese Vegetables<br>Dinner Roll<br>Fig Bar<br>Milk                 |
| <b>4/6/2021- HOT</b> ●<br>Maple Rum Chicken<br>Parsleyed Rice<br>Broccoli<br>Fig Bar<br>Multi Grain Bread<br>Milk                            | <b>4/7/2021- HOT</b> ●<br>Swiss Steak<br>Garlic Whipped Potatoes<br>Garden Vegetables<br>Strawberry Gelatin w/ Peaches<br>Dinner Roll<br>Milk | <b>4/8/2021 - HOT</b> ●<br>Turkey Breast w/ Gravy<br>Lima Beans<br>Okra & Tomatoes<br>Strawberry Cereal Bar<br>Corn Muffin/Margarine<br>Milk | <b>4/8/2021 - FROZEN</b> ●<br>Salisbury Beef w/Brown Gravy<br>Lima Beans<br>Sliced Carrots<br>Dinner Roll<br>Orange Juice<br>Milk        | <b>4/8/2021 - FROZEN</b> ●<br>Baked Chicken<br>Crispy Cubed Potatoes<br>Mixed Vegetables<br>Dinner Roll<br>Fudge Cream Cookie<br>Milk   |
| <b>4/13/2021 - HOT</b> ●<br>Beef w/ Rosemary Gravy<br>Black-Eyed Peas<br>Dilled Carrots<br>Oatmeal Cream Cookie<br>Wheat Bread<br>Milk       | <b>4/14/2021 - HOT</b> ●<br>Breaded Fish Filet<br>Whipped Potatoes<br>Italian Green Beans<br>Zee Zee Bar<br>Dinner Roll<br>Milk               | <b>4/15/2021 - HOT</b> ●<br>Soft Pork Carnita Taco*<br>Yellow Rice<br>Cheesy Mexican Tomatoes<br>Sugar Cookie<br>Milk                        | <b>4/15/2021 - FROZEN</b> ●<br>BBQ Chicken<br>Ranch Beans<br>Mixed Vegetables<br>Dinner Roll<br>Apple Juice<br>Milk                      | <b>4/15/2021 - FROZEN</b> ●<br>Pesto Chicken<br>Lima Beans<br>Sliced Carrots<br>Dinner Roll<br>Orange Juice<br>Milk                     |
| <b>4/20/2021 - HOT</b> ●<br>Chicken & Broccoli Alfredo<br>Brussels Sprouts<br>Parsleyed Carrots<br>Gingerbread Cookie<br>Texas Bread<br>Milk | <b>4/21/2021 - HOT</b> ●<br>Shredded BBQ Pork on Bun*<br>Whipped Potatoes<br>Spinach<br>Fig Bar<br>Milk                                       | <b>4/22/2021 - HOT</b> ●<br>Country Fried Steak w/ Gravy<br>Parsleyed Rice<br>Mixed Vegetables<br>Cinnamon Crisp Bar<br>Wheat Bread<br>Milk  | <b>4/22/2021 - FROZEN</b> ●<br>Alfredo Chicken Meatballs<br>Whole Kernel Corn<br>Diced Beets<br>Dinner Roll<br>Apple Juice<br>Milk       | <b>4/22/2021 - FROZEN</b> ●<br>Meatloaf with Brown Gravy<br>Crispy Cubed Potatoes<br>Green Beans<br>Dinner Roll<br>Orange Juice<br>Milk |
| <b>4/27/2021 - HOT</b> ●<br>Turkey Cannelloni Casserole<br>Broccoli<br>Cauliflower<br>Oatmeal Raisin Cookie<br>Wheat Bread<br>Milk           | <b>4/28/2021 - HOT</b> ●<br>Smoked Sausage on Bun*<br>Tater Tot Casserole<br>Country Tomatoes<br>Fresh Apple<br>Milk<br>Mustard               | <b>4/29/2021 - HOT</b> ●<br>Cocounut Chicken<br>Jasmine Rice<br>Japanese Vegetables<br>Zee Zee Bar<br>Multigrain Bread<br>Milk               | <b>4/29/2021 - FROZEN</b> ●<br>Cheese Omelet<br>Black Beans<br>Stewed Tomatoes<br>Dinner Roll<br>Raisins<br>Milk                         | <b>4/29/2021 - FROZEN</b> ●<br>Baked Chicken<br>Green Peas<br>Brussels Sprouts<br>Dinner Roll<br>Oatmeal Cream Cookie<br>Milk           |

Note: \*contains pork

\*\*\* During COVID-19, deliveries will take place only on Tuesdays and Thursdays in order to keep everyone as safe as possible. \*\*\*