

Meals fall in the following ranges:  
 Calories: 650-750  
 Protein: 25 grams or higher  
 Fat: 20-30% of calories  
 Calcium: 400 mg or higher  
 Sodium: 800-1,000 mg or less  
 Fiber: 9 gm or higher

## Meals On Wheels Lunch Menu – March 2024

Meals delivered on weekdays by volunteers to homebound seniors

Meals On Wheels 785-823-7555 – [www.salinecountys.gov](http://www.salinecountys.gov)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Chili Glazed Cod Wild Rice Peas & Carrots Mandarin Oranges Wheat Bread with Butter
4. Dorito Taco Bake Mixed Vegetable Sliced Peaches Garlic Bread 	5. BBQ Pulled Pork Mac & Cheese Baked Beans Applesauce Bun	6. Fried Chicken Mashed Potatoes & Gravy Corn Oatmeal Rounds Dinner Roll with Butter	7. Swedish Meatballs Wild Rice California Blend Vegetable Mandarin Oranges Wheat Bread with Butter	8. Breaded Fish Sandwich Cheesy Broccoli Pineapple Tidbits Bun 
11. Spaghetti & Meatballs Mixed Vegetable Tropical Fruit Wheat Bread with Butter	12. Chicken Cordon Bleu Bake Roasted Red Potatoes Antigua Blend Vegetable Peaches & Pears Wheat Bread with Butter	13. Meatloaf Mashed Potatoes & Gravy Loaded Green Beans Sliced Apples Dinner Roll with Butter	14. French Toast Bake Sausage Patties Biscuits & Gravy Mandarin Oranges	15. <u>Saint Patty's Day Meal</u> Irish Beef Stew Sautéed Cabbage Andes Mint Brownie Biscuit 
18. Fiesta Chicken Rice Pilaf Stir Fry Vegetable Mandarin Oranges Wheat Bread with Butter	19. Beer Brats with Kraut Winter Blend Vegetable Diced Pears Bun 	20. Chicken Fried Steak Mashed Potatoes & Gravy Corn Hot Fudge Lava Cake Dinner Roll with Butter	21. Ham & Beans Carrots Sliced Apples Cornbread 	22. Cheesy Zita Bake California Blend Vegetable Pineapple Chunks Garlic Bread
25. Sweet & Sour Chicken White Rice Winter Blend Vegetable Fruit Cocktail Wheat Bread with Butter	26. Paprika Pork White Rice Peas & Carrots Tropical Fruit Wheat Bread with Butter	27. Salisbury Steak Mashed Potatoes & Gravy Green Beans Pineapple Tidbits Dinner Roll with Butter	28. Chicken Enchilada Bake Capri Blend Vegetable Mandarin Oranges Garlic Bread	29. Tortellini with Tomato Spinach Cream Sauce Carrots Mounds Chocolate Cake Garlic Bread