

**SENIOR  
MARCH  
2010**



**SERVING  
SENIORS  
IN  
BOONE  
LEE  
OGLE  
WINNEBAGO  
COUNTIES**

**To make a  
reservation  
in Rockford**  
  
**815-963-1609  
or  
1-800-779-1189**

**RESERVATIONS  
&  
CANCELLATIONS  
CALL BY 10:00 AM  
THE DAY BEFORE**



A United Way Agency



**\*Choice A only sent to  
MEALS ON WHEELS  
CLIENTS**

**MENU IS SUBJECT  
TO CHANGE WITHOUT  
NOTICE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MEATLOAF W/ GRAVY MASHED POTATOES PEAS & CARROTS WHEAT BREAD - 2 CITRUS FRUIT CUP	2 A.) WH. SAUSAGE PIZZA TOSSED SALAD/DRSG FRESH ORANGE SLICED APPLES B.) TURKEY/MINESTRONE	3 BAKED PORK CHOP MASHED POT/GRAVY WINTER BLEND VEG WHEAT ROLL - 2 CHILLED APPLESAUCE	4 FIESTA CHICKEN RED BEANS & RICE WHOLE KERNEL CORN WHEAT BREAD - 1 APRICOTS	5 CHEESE OMELETT OVEN BROWN POT. ENGLISH MUFFIN BLUEBERRIES FRUIT JUICE
8 B.B.Q. BEEF WHEAT BUN POTATO PANCAKES CAPRI BLEND VEG. PEACHES & PEARS	9 CRISPY CHIX STRIPS RANCH MASHED POT. CALIFORNIA BLEND VEG WHEAT BREAD - 1 B.B.Q. SAUCE CHILLED PINEAPPLE	10 A.) CHEESEBURGER WHOLE WHEAT BUN SCALLOPED POTATOES ZUCCHINI MIX TROPICAL FRUIT B.) SALAMI/CHIX NOODLE	11 SPAGHETTI MEATSAUCE WHEAT PASTA TOSSED SALAD/DRSG. SCAND. BLEND VEG GARLIC BREAD - 1 CINN. APPLESAUCE	12 TUNA NOODLE CASSEROLE BABY CARROTS GREEN BEANS CORN MUFFIN  MANDARIN ORANGES
15 SALISBURY STEAK MASHED POT/GRAVY SPINACH WHEAT BREAD - 2 STRAWBERRIES	16 A.) BEEF STEW BUTTERMILK BISCUIT WINTER BLEND VEG. TOSSED SALAD/DRSG FRESH PEAR B.) HAM&CHS/CHILI	17 ROASTED TURKEY BRST. CORNBREAD STUFFING MASHED POT/GRAVY BABY CARROTS WHEAT ROLL - 1 BLUEBERRY COBBLER	18 ITALIAN MEATBALLS WHOLE GRAIN PENNE PACIFIC BLEND VEG WAX BEANS WHEAT ROLL - 1 CHILLED APRICOTS	19 CRISPY FISH WHEAT BUN HASHBROWN POT. ITALIAN BLEND VEG. CHILLED PINEAPPLE
22 SAUSAGE GRAVY & BUTTERMILK BISCUIT CINNAMON APPLESAUCE OVEN BROWN POTATOES MIXED BERRIES	23 TURKEY BURGER/CHEESE WHEAT BUN GARLIC MASED POT ZUCCHINI MIX PEACHES & PEARS	24 PEPPER STEAK BROWN FRIED RICE STIR FRY VEGGIES CRINKLE CUT CARROTS WHEAT ROLL - 1 FRESH APPLE	25 CHICKEN PARM/MAR. WHOLE WHEAT PASTA WINTER BLEND VEG WAX BEANS DINNER ROLL - 1 PEACHES/BLUEBERRIES	26 A)CHEESE RAVIOLI/SAUCE GARLIC BREAD ITALIAN BLEND VEG TOSSED SALAD/DRSG FRESH PEAR B.) TUNA SALAD/TOMATO
29 SWISS STEAK MASHED POT/GRAVY PACIFIC BLEND VEG WHEAT BREAD - 2 CHILLED APPLESAUCE	30 A.) TURKEY CHILI MAC CORN MUFFIN GREEN BEANS CALIFORNIA BLEND VEG MANDARIN ORANGES B.) TURKEY/VEGETABLE	31 BAKED CHICKEN QTR. MASHED POT/GRAVY WHOLE KERNEL CORN WHEAT ROLL - 1 CITRUS FRUIT CUP BREAD PUDDING		8 oz Low Fat Milk is served with all lunches  