

**SENIOR
March
2018**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**


**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

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

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8oz Low Fat Milk served with all lunches. 			1 MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS APRICOTS	2 FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
5	6	7	8	9
COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES	CITRUS BAKED HAM SWEET POTATOES CAPRI BLEND VEG. WHEAT BREAD - 2 JELLO W/ FRUIT	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY COUNTRY BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	TUNA NOODLE CASSEROLE BROCCOLI CARROTS DINNER ROLL PEACHES
12	13	14	15	16
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	HOT HAM & CHEESE AUGRATIN POTATOES SEASON GREEN BEANS WHEAT BUN PINEAPPLE TIDBITS	A.) SLOPPY JOE BUN TATOR TOTS BAKED BEANS FRUIT COCKTAIL B.) TUNA \ TOMATO
19	20	21	22	23
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	BAKED PORK CHOP BABY RED POTATOES BROCCOLI TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	A) LEMON TILAPIA WILD RICE PEAS DINNER ROLL \ TARTAR FRUIT COCKTAIL B.) CHIX SAL./TOMATO
26	27	28	29	30
CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL \ BUTTER APRICOTS	BAKED HAM SWEET POTATO GREEN BEANS DINNER ROLL FRUIT COCKTAIL	ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE