

VNA Meals on Wheels

Cycle 1, 2021 Final Menu

March

Monday	Tuesday	Wednesday	Thursday	Friday
3/1/2021	3/2/2021	3/3/2021	3/4/2021	3/5/2021
Lemon Caper Chicken Parmesan Penne Pasta# Lemon Zest Broccoli Wheat Bread Fresh Apple Milk	Beef with Rosemary Gravy Black-Eyed Peas Dilled Carrots Wheat Bread Oatmeal Cream Cookie ¹ Milk	Lemon Pepper Fish Whipped Potatoes Italian Green Beans Dinner Roll Strawberry Cereal Bar Milk	Pork Carnitas* Yellow Rice Cheesy Mexican Tomatoes# Flour Tortilla Lime Gelatin with Pineapple Milk Taco Sauce	Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Oranges and Pineapple Milk Mustard and Ketchup
3/8/2021	3/9/2021	3/10/2021	3/11/2021	3/12/2021
Meatloaf Tomato Gravy Delmonico Potatoes Spring Vegetables Dinner Roll Cherry Gelatin with Peaches Milk	Chicken Alfredo Brussels Sprouts Parslied Carrots Texas Bread Gingerbread Cookie Milk	Shredded BBQ Pork* Whipped Potatoes Spinach Hamburger Bun Zee Zee Birthday Bar Milk	Country Fried Steak Country Gravy Parslied Rice Mixed Vegetables Wheat Bread Cinnamon Crisp Bar Milk	Cheesy Beef Macaroni Green Beans Stewed Tomatoes Multi Grain Bread Lemon Berry Pudding Milk
3/15/2021	3/16/2021	3/17/2021	3/18/2021	3/19/2021
Swedish Chicken Meatballs Parsley Penne Pasta Braised Carrots Texas Bread Oatmeal Raisin Cookie Milk	Turkey Cannelloni Casserole# Broccoli Cauliflower Wheat Bread Chocolate Pudding Milk	St. Patrick's Day Smoked Sausage* Parslied Potatoes Medley Cabbage Hot Dog Bun Lime Whip Milk	Coconut Chicken# Jasmine Rice Japanese Vegetables Multi Grain Bread Lemon Gelatin w/Mixed Fruit Milk	Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup
3/22/2021	3/23/2021	3/24/2021	3/25/2021	3/26/2021
Special Event Turkey Pastrami Swiss Cheese Three Bean Salad Cold Pickled Beets Rye Bread (2) Fudge Cream Cookie ¹ Milk Mustard	BBQ Pork Rib Patty* Whipped Potatoes Lemon Brussels Sprouts Wheat Bread Creamsicle Pudding Milk	Baked Chicken with Gravy Macaroni and Cheese Catalina Vegetables Dinner Roll Orange Gelatin w/Mixed Fruit Milk	Beef Chili with Beans Parslied Rice Spinach Corn Muffin Fresh Orange Milk Margarine	Beef Spanish Rice Whole Kernel Corn Green Beans Wheat Bread Nutty Buddy Bar ¹ Milk
3/29/2021	3/30/2021	3/31/2021		
Breaded Chicken Patty Mashed Spiced Yams California Vegetables Dinner Roll Cherry Gelatin with Peaches Milk	Salisbury Beef Brown Gravy Twice Whipped Potatoes Herbed Green Beans Wheat Bread Chocolate Chip Cookie Milk	Turkey Taco Pinto Beans Cilantro Lime Corn Flour Tortilla Piña Colada Pudding# Milk Taco Sauce		

- * - Contains Pork
- ¹ - Contains Peanuts
- ~ - Entrée Contains Soy
- # - New Menu Item

Sarah Hutsler, RD, LD