



# March 2025

**Suggested Donation is \$4.00 Per Meal.**

*If you won't be home to receive your meal, please call 888-5011 Ext 0 to cancel by 9am.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Orange Chicken over Vegetable Fried Rice, Steamed Cauliflower, Diced Carrots, 100% Juice	<b>4</b> Beef Stew (tender beef, carrots, potatoes, gravy), Five Way Veggies, Warm Pumpkin Bread	<b>5</b> <i>Frozen Meal of the Week</i> WG Spaghetti with <b>VT Beef</b> Meat Sauce, Capri Blend Veggies, Seasoned Broccoli, Garlic Bread	<b>6</b> Ham & Cheddar Quiche, Curry Garbanzo Beans, Sweet & White Home fries, Oatmeal Raisin Cinnamon Round	<b>7</b> Broccoli Cheddar Soup, Chicken Salad w/ WG Pretzel, Fresh Grapes, Three Bean Salad
<b>10</b> WG Potato Crusted Fish Fillet, Lemon Parsley Couscous, Antigua Medley, Seasoned Corn, Craisins	<b>11</b> Sloppy Joe w/ <b>VT Beef</b> over Baked Sweet Potato, Capri Blend Veggies, Warm Corn Bread	<b>12</b> <i>Frozen Meal of the Week</i> Roasted Turkeyw/ Mashed Potatoes & Gravy, Seasoned Peas & Carrots, Savory Stuffing, Cranberry Jell-O	<b>13</b> Harvest Mac & Cheese, Seasoned Spinach, Italian Diced Tomatoes, Happy Birthday Chocolate Cake & Peanut Butter Icing	<b>14</b> Corn Chowder, Egg Salad on WG Bread, Fresh Diced Melon, Citrus Couscous Salad, Harvest Crisp
<b>17</b> Stuffed Shells with Marinara, Steamed Spinach, Diced Carrots, Mango Fruit Cup	<b>18</b> Turkey & Biscuits (peas, carrots, gravy, whole grain biscuit), Seasoned Winter Squash, Warm Zucchini Bread	<b>19</b> <i>Frozen Meal of the Week</i> Shepherd's Pie with <b>VT Beef</b> , Broccoli, Warm Peach Crisp, WG Dinner Roll	<b>20</b> Breaded Pork Chop, Baked Sweet Potato, Warm Baked Apples with Cinnamon, Pumpkin Muffin	<b>21</b> Creamy Tomato Bisque, Tuna Salad on WG Bun, Carrot Raisin Salad, Fresh Orange Wedges
<b>24</b> Sweet & Sour Meatballs over WG Rice, Antigua Medley, Seasoned Broccoli, Papaya Fruit Cup	<b>25</b> American Chop Suey ( <b>VT Beef</b> , Sauce, Pasta, Herbs), California Blend Veggies, Warm Banana Bread	<b>26</b> <i>Frozen Meal of the Week</i> Pot Roast with Potatoes & Carrots, Green Beans, Warm Apple Crisp, WG Dinner Roll	<b>27</b> Stuffed Chicken Breast with Gravy, Tuscan Blend Veggies, Seasoned Peas, Cranberry Muffin	<b>28</b> Mild Garden Chili, Chicken Salad on WG Croissant, Cilantro Corn Salad, Tropical Fruit Salad
<b>31</b> Lasagna Roll-Up with Marinara Sauce, Steamed Cauliflower, Five Way Veggies, Raisins				

**When there is inclement weather, we may not be able to deliver your meal.**

**Please listen to WLVB 93.9 or check our Facebook page for closing updates. Please use your blizzard meal for weather closings.**

**If you will not be home to receive your meal, please call MOW to make other arrangements. 802-888-5011 ext. 0 \*Menu Subject to Change**

