

Meals on Wheels & Congregate Meals Menu March

15

DATE	HOT MENU ENTRÉE	COLD MENU ENTREE
Thursday, March 1	Swiss Steak, Mashed Potatoes, Mixed Veggies	Tuna Salad Casserole, Black Bean Corn & Pepper Salad
Friday, March 2	Ravioli Casserole, Green Beans, Tossed Salad	Ham & Turkey Sub, Broccoli Raisin Salad, Strawberries
Monday, March 5	Cheeseburger, Au Gratin Potatoes, Coleslaw	Hammy Sammy, Potato Salad, Pineapple
Tuesday, March 6	Scalloped Potatoes, Ham, Spinach, Peaches	Egg Salad Sandwich, Three Bean Salad, Pears
Wednesday, March 7	Chicken Stew, Tossed Salad, Apple Crisp	Turkey Sandwich, Broccoli Raisin Salad, Fruit Mix
Thursday, March 8	Sloppy Joes, Baked Beans, Asparagus, Fruit Mix	Shaved Ham Sandwich, Potato Salad, Coleslaw
Friday, March 9	Pork Chop, Parsley Potatoes, Key West Blend Veggies	Chicken Salad Sandwich, Peaches n Pudding
Monday, March 12	Taco Salad, Black Beans, Spanish Rice, Tropical Fruit	Pasta Salad with Tuna, Baked Beans, Jello w/fruit
Tuesday, March 13	Boiled Dinner, Corn Bread, Grapes	Shaved Roast Beef Sandwich, Corn & Black Bean Salad
Wednesday, March 14	Salisbury Steak, Cauliflower with Cheese, Spring Salad	Chef Salad with Chicken, Apricots, Bran Muffin
Thursday, March 15	Pork Roast, Boiled Redskin Potatoes, Carrots	Ham & Swiss Sandwich, Tossed Salad, Apple
Friday, March 16	Lasagna Casserole, European Blend Veggie, Garlic Roll	Egg Salad Sandwich, Coleslaw, Tomato Salad, Pears
Monday, March 19	Country Fried Steak, Capri Blend Veggies, Spring Salad	Hammy Sammy, Three Bean Salad, Pineapple
Tuesday, March 20	Ham Slice, Sweet Potatoes, Mandarin Oranges	Turkey & Cheese Wrap, Potato Salad, Baked Beans
Wednesday, March 21	Goulash, Green Beans, Applesauce, Wheat Roll	Peanut Butter & Jam, Grapes, Carrot sticks
Thursday, March 22	BBQ Pork, Midori Blend Veggies, Pears	Ham & Swiss Sandwich, Tomato Salad, Tossed Salad
Friday, March 23	Turkey in Gravy over Rice, Mixed Veggies, Banana	Turkey & Cheddar Sub, Marinated Veggies, Oranges
Monday, March 26	Spaghetti, Green Beans, Tossed Salad, Garlic Roll	Shaved Roast Beef Sandwich, Creamy Cucumbers
Tuesday, March 27	Hawaiian Chicken, Rice, Asian Blend Veggies	Deviled Egg Halves, Carrot Raisin Salad, Coleslaw
Wednesday, March 28	Tuna Noodle Casserole, Peas & Pearl Onions, Peaches	Chicken Salad Sandwich, Three Bean Salad, Jello & Fruit
Thursday, March 29	Beef Roast, Carrots, Potatoes, Applesauce	Pasta Salad with Tuna, Apricots, Wheat Roll
Friday, March 30	Closed for Holiday	Closed for Holiday

*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

Join us for Lunch

*Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.

Kline's Resort
269-279-8083
Fridays @ Noon
22260 Kline's Resort Rd.
Three Rivers, MI 49093

**Three Rivers
Community Center**
269-279-8083
Monday-Friday @ Noon
103 S. Douglas Avenue
Three Rivers, MI 49093

Enrichment Center
269-279-8083
Monday-Friday @ Noon
306 N. Franks Avenue
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.