



Meals on Wheels - Senior Center- Jefferson Point-Elderberry Café - Coralville Dining - North Liberty Rec. Center - March 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	March 1	March 2	March 3	March 4	March 5	March 6
	Baked Chicken Rice Pilaf Refried Beans Strawberry and Banana Gelatin	LS Chicken ala King Mashed Potatoes Diced Beets Emerald Pears Oatmeal Cake	LS Roast Pork Macaroni and Cheese Spinach Fruit Cup Lemon Pudding	Tater Tot Casserole Broccoli Bananas Whole Grain Breadstick Oatmeal Raisin Cookie	Baked Fish Mashed Potatoes Tomatoes and Zucchini Pineapple Tidbits Pistachio Pudding Alternate: Boneless BBQ Ribs	LS Hot Roast Beef Sandwich Mashed Potatoes with LS Gravy Sliced Carrots Hodge Podge Salad
March 7	March 8	March 9	March 10	March 11	March 12	March 13
LS Salisbury Steak w/Gravy Oven Brownd Potatoes Brussel Sprouts or Carrots Mandarin Oranges Brownie	Cheesy Chicken Casserole Baked Potato Green Beans Fruit Cocktail Strawberry Yogurt Alternate: Spinach	LS Hot Turkey Sandwich Mashed Potatoes Mixed Vegetables Orange Cream Salad Cherry Crisp	Shepherd's Pie Steamed Cabbage Sliced Strawberries Tomato Slices Crispy Rice Bar Alternate: Peas	Swiss Steak Party Potatoes Squash Orange Wedges Frosted Chocolate Cake	Lemon Pepper Fish Spanish Rice Broccoli with Cheese Sauce Banana Half Vanilla Pudding Alternate: Pork Roast with Gravy	Beef Stew Brussel Sprouts Apricot Halves Baked Custard
March 14	March 15	March 16	St. Patrick's Day!	March 18	March 19	March 20
Crispy Chicken with Gravy Party Potatoes Stewed Tomatoes Watergate Salad	LS Salisbury Steak Mashed Potatoes Harvard Beets Bananas Vanilla Pudding	LS Turkey ala King Whole Grain Biscuit Peas and Carrots Mandarin Oranges Apple Crisp	Corned Beef and Cabbage Parsley Butter Potatoes Apricot Halves Pumpkin Bar	Baked Glazed Ham Baked Potato Broccoli Pineapple Tidbits Angel Food Cake	Tuna Noodle Casserole Parsley Butter Potatoes Stewed Tomatoes Fruit Cup Lemon Pudding	LS Meat Sauce Whole Grain Fettucini Noodles Whole Grain Breadstick Mixed Green Salad Strawberry Banana Gelatin

Elder Services, Inc. for Meals on Wheels call 319-356-5213 Menu subject to change due to unforeseen circumstances.

Please note that Meals on Wheels clients will receive Pudding when Ice Cream or Sherbet is listed on the menus



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March 21	March 22	March 23	March 24	March 25	March 26	March 27
LS Roast Beef Sour Cream Mashed Potatoes Brussel Sprouts with Cheese Sauce Peach Crisp	Stuffed Chicken Breast Mashed Potatoes/ LS Gravy Sliced Carrots Ice Cream Cup	LS Beef Macaroni Casserole Peas Three Bean Salad Fruit Cup Apricot Crisp	Roast Turkey Sour Cream Mashed Potato Diced Beets Banana Strawberry Yogurt	Liver & Onions Baked Potato Sour Cream Stewed Tomatoes Fruit Cup Apple Cinnamon Bar	Baked Fish Parsley Butter Potato Broccoli Peach Crisp Alternate: Whole Wheat Spaghetti with Meat Sauce, Breadstick	LS Beef Stroganoff Mashed Potatoes Lima Beans Orange Slices/Wedges Oatmeal Raisin Cookie
March 28	March 29	March 30	March 31			
LS Roast Pork/ LS Gravy Sweet Potatoes Spinach Strawberry & Bananas Angel Food Cake	Pork Chopette Sweet Potato Casserole Creamed Peas Breadstick Peach Crisp	Turkey Broccoli Casserole Stewed Tomatoes with Green Beans Orange Wedges Oatmeal Raisin Bar	LS Ground Beef Gravy Mashed Potatoes Winter Vegetables Carrot Raisin Salad Cookie			

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