


Racine County Meals on Wheels/Congregate Menu

MARCH 2023

Call 262-833-8766 before 9:30 am the previous day (Monday-Friday) to cancel a meal

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Texas Chili Mac and Cheese Country Blend Vegetable Multigrain Bread Fruit cup	2 Chef's Choice Frozen (will be delivered/picked up Wednesday)	3 Baked Pollock w/Lemon Butter Sauce Baked Potato Wheat Bread California Blend Vegetable Vanilla Mandarin Pudding
6 Hot Roast Beef Mashed Potatoes w/gravy; Fresh Orange Peas and Carrots Wheat Bread	7 Chef's Choice Frozen (will be delivered/picked up Monday)	8 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Roll Chilled Peaches	9 Chef's Choice Frozen (will be delivered/picked up Wednesday)	10 Surimi Crab Alfredo Penne Pasta Zucchini w/Red Peppers and Onions; Fruit Cup Chef's Choice Vegetable Multigrain Dinner Roll
13 Baked Meatloaf w/Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Bits	14 Chef's Choice Frozen (will be delivered/picked up Monday)	15 BBQ Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jell-O	16 Chef's Choice Frozen (will be delivered/picked up Wednesday)	17 Cheese Omelet Hash Browned Potatoes Whole Wheat Biscuit Fruit Yogurt Fresh Orange
20 Roast Pork w/Gravy Au gratin Potatoes Peas and Carrots Wheat Bread Whole Apple	21 Chef's Choice Frozen (will be delivered/picked up Monday)	22 Salisbury Steak With Gravy Corn Mashed Potatoes Multigrain Dinner Roll Pineapple Tidbits	23 Chef's Choice Frozen (will be delivered/picked up Wednesday)	24 Classic Lasagna w/Marinara Sauce Chef's Choice Vegetable Oatmeal Raisin Cookie Wheat Bread
27 Roast Turkey w/Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Choice Fruit	28 Chef's Choice Frozen (will be delivered/picked up Monday)		<p style="text-align: center;"><i>Diabetic Dessert is offered</i></p> <p style="text-align: center;"><i>Menu Subject to Change</i></p>	<p style="text-align: center;"><i>Choice of 1% Milk or Juice with Meals</i></p>