


**FRIENDS,
FOOD,
FELLOWSHIP**

**Meals on Wheels of C.E.F.S.
CENTRAL KITCHEN MARCH 2017 MENU
CALL THE DAY BEFORE TO RESERVE MEAL**

**Suggested Donation
\$3.00 Congregate Meal
\$3.25 Delivered Meal**

Mon	Tue	Wed	Thu	Fri
	<p>A fish sandwich may be ordered on Ash Wednesday or any Friday during lent for Religious reasons.</p>	<p>1 Turkey Sweet Potato Casserole Peas Peaches Whole Grain Roll</p> <p align="center">Ash Wednesday</p>	<p>2 Vegetable Beef Soup Crackers 1/2 Cheese Salad Sandwich 3 Bean Salad Strawberries w/bananas</p>	<p>3 Lemon Pepper Tilapia Garlic Mashed Potatoes Asparagus Tropical Fruit Cotton Pickin' Good Cake</p>
<p>6 Lasagna Roll Ups Tossed Salad w/tomatoes Corn Warm Apple Crisp Garlic Bread Stick</p>	<p>7 Polish Sausage Sauerkraut Mashed Potatoes Pumpkin Mousse Whole Grain Bread</p>	<p>8 Macaroni w/ham Butter Beans Warm Applesauce Banana</p>	<p>9 Italian Beef on Hoagie Bun German Potato Salad California Blend Veggies Chilled Peaches</p>	<p>10 Oven Fried Fish Sweet Potatoes Green Beans Frit Cocktail Black Bean Brownie</p>
<p>13 Chili Crackers 1/1 Peanut Butter Sandwich Apple Cabbage Apricots</p>	<p>14 Fried Chicken Mashed Potatoes Mixed Vegetables Strawberries w/bananas Whole Grain Roll</p>	<p>15 Pork Roast Roasted Rosemary Potatoes Lima Beans Mandarin Oranges Oatmeal Raisin Cookies</p>	<p>16 Beef Pepper Steak Over Rice Stewed Tomatoes Birthday Cake</p>	<p>17 Corned Beef Cabbage Parsley Red Potatoes Boiled Carrots Potato Bread Pistachio Pudding Whole Grain Bread</p>
<p>20 Biscuits & Gravy Sausage Patty Hash Brown Casserole Banana Orange Juice</p>	<p>21 Spaghetti w/meatballs Tossed Salad w/tomatoes 3-Bean Salad Strawberries Garlic Bread Stick</p>	<p>22 Corn & Potato Chowder Crackers 1/2 Ham Salad Sandwich Whole Grain Bread 3 Bean Salad Jello w/Fruit Cocktail</p>	<p>23 Soft Chicken Taco Lettuce, Tomato, Cheese, Onion Refried Beans Apricots Cookie</p>	<p>24 Salmon Patty Creamy Potatoes Carrots Pineapple Chunks Whole Grain Bread</p>
<p>27 Chicken Pot Pie Tossed Salad w/tomatoes California Blend Cherry Crisp</p>	<p>28 Meatloaf Mashed Potatoes Succotash Blushing Pears Whole Grain Roll</p>	<p>29 Broccoli Cheese Soup Crackers Shredded BBQ Turkey on Bun Glazed Carrots Fruit Cocktail</p>	<p>30 Oven Baked Chicken Sweet Potatoes Peas Strawberries</p>	<p>31 Fish on Bun Broccoli Rice Casserole Baked Beans Mandarin Oranges w/bananas</p> <p align="right">FINAL</p>

Milk, Bread and Margarine are served with every meal!!! Substitutes will be made only in emergencies!!!