



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Oven Fried Chicken Sweet Mashed Potatoes Peas Whole Wheat Bread Cookie	5 BBQ Meatballs w/Peppers & Onions Rice Green Beans Whole Wheat Bread Mandarin Oranges	<p><i>No deliveries on Wednesdays.</i></p> <p><i>A chilled meal for Wednesday will be provided with your Tuesday delivery.</i></p>	7 Meatloaf w/Gravy Mashed Potatoes Carrot & Turnip Blend Wheat Dinner Roll Cookie	8 Lemon Pepper Fish Long Grain Rice Spinach Wheat Bread Fruit Cup
11 Chicken Florentine Long Grain Rice Broccoli Whole Wheat Bread Banana	12 Ham w/Raisin Sauce Sweet Mashed Potatoes Carrots Cookie Whole Wheat Bread		14 <i>March Special</i> Corned Beef Au Jus & Cabbage Parslied Potatoes Carrot & Turnip Blend Marbled Rye Bread  Chocolate Mint Cake	15 Cheeseburger Baked Beans Broccoli & Cauliflower Hamburger Bun Pears
18 Yankee Pot Roast Peas & Carrots Mashed Potatoes Cookie	19 Polynesian Pineapple Chicken Vegetable Rice Mixed Vegetables Whole Wheat Bread Jello		21 Ham w/Raisin Sauce Roasted Red Potatoes Succotash Bean Medley Wheat Bread Birthday Cake	22 Mediterranean Baked Fish Rice Pilaf Carrots Dinner Roll Fruit Crisp
25 Macaroni & Cheese w/Hot Dogs Stewed Tomatoes Bean Blend Fruit Whole Wheat Bread	26 Turkey Chili Red Beans Broccoli Peas & Pearl Onions Cookie Corn Bread		28 BBQ Pulled Pork Creamed Corn Peas & Pearl Onions Multigrain Bread Brownie	29 Tomato & Cheddar Frittata Ham Slice Potato Barrels Spinach Multigrain Bread Cookie

On the **rare** occasion you can't be home for a delivery we can leave a meal in **your refrigerator** if you call us prior to the delivery. Meals can **NEVER** be left in a cooler, on a porch, on the door, etc. This is for your safety and to comply with state regulations. A phone call and note is needed for each time this request is being made. Remember this program's mission is to help homebound individuals remain safely in their homes. As funding is very limited compared to the level of demand, we need to make sure those on our program meet the mission's focus.