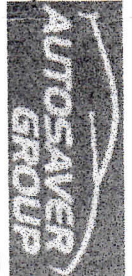


WHEELS MEALS



748-5467

March 2019

Director Diane Coburn

on WHEELS
ST. JOHNSBURY

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

Salad Bar Daily
Fresh local
Foods
11:45 to 12:45

1Baked Haddock
Sweet Potatoes
Peas
Cookies

4 Chop Suey
Cauliflower
Garlic Bread
Orange

5 Pepper Steaks
Tomato Sauce Noodle
Mixed Veggies
Tapioca Pudding

6 Tomato Veg Soup
Ham & Cheese Sand.
Tossed Salad
Cantaloupe

7 Broccoli Quiche
Beets
Bread
Jell-O w/ Mixed Fruit

8 Chicken Burger
Lettuce & Tomato
Brussels Sprouts
Tropical Fruit

11 Liver & Onions
Spinach
Mashed Potato
Pineapple

12 Hamburg Gravy
Roasted Potatoes
Broccoli
Apricots

13 Birthday Party
Baked Chicken
AuGratin Potato, Beets
Strawberries/Topping

14 Tuna Pea Wiggle
Rice, Spinach
Crackers
Mandarin Oranges

15 St. Patrick's Day
Corned Beef, Cabbage
Rutabaga, Potato
Roll & Cake

18 Chicken Pot Pie
Mashed Potatoes
Broccoli, Biscuit
Choc. Pudding

19 Turkey Sand.
Tomato Bean &
Bacon Soup, Salad
Pumpkin Pie

20 Chicken Alfredo
w/ Noodle
Peas & Carrots
Fresh Orange

21 Shepard's Pie
Brussels Sprout
Carrot Cake

22 Ham
corn
Sweet Potato, Roll
Pineapple

25 Pork Stroganoff
Butter Noodle
Peas & Carrots
Tropical Fruit

26 Manicotti
Green Beans
Garlic Bread
Kiwi Fruit

27 Meatloaf / Gravy
Whipped Potatoes
Mixed Veggies
Honeydew Melon

28 Baked Chicken Legs
Scalloped Potatoes
Broccoli- Cauliflower
Jello/fruit

29 Sloppyjoes
Carrot
Mandarin Orange

A Suggested Donation of \$3.50 per meal would be Greatly Appreciated. Thank You Autosaver Group