**Meals on Wheels menu**

March 2024

**REMINDERS**

* You must be home to receive your meal(s) upon delivery.
* Please call our office at least two days prior if you know you will not be home.
* With advance notice, alternative meals can be sent to prevent you from missing or skipping your meal(s).
* When possible, please ask family members, friends or neighbors to report all hospitalizations and nursing home placements.

**Monday Tuesday Wednesday Thursday Friday**

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| *Call (912) 236-0363 at least*  *24 hours in advance to request a substitute frozen meal*  **Choice A - Poultry**  **Choice B - Fish**  **Choice C - Beef**  **Choice D – Vegetarian** |  |  |  | Beef stroganoff with  **1**  noodles  Sliced carrots  Green beans  Fresh fruit  Milk |
| Pot roast with potatoes, **4**  onions, and carrots  Brussel sprouts  Whole-wheat roll  Apple cobbler  Milk | Barbeque chicken  **5**  Collard greens  Squash casserole  Oatmeal cookie  Milk | Cheeseburger with bun **6**  Baked Beans  Carrot-raisin salad Mustard/mayo  Spiced pears  Milk | Chili with beans **7**  Snap green beans  Cornbread  Peach crisp  Milk | Spaghetti & meat sauce  **8**  Carrots  Cabbage  Garlic bread  Fresh fruit  Milk |
| Chicken tetrazzini **11**  with noodles  Sweet carrots  Collard greens  Oatmeal cookie  Milk | Chicken fingers **12**  w/ honey mustard sauce  Roasted potato wedges  Broccoli  Diced peaches  Milk | Meatloaf with gravy  **13**  Green beans  Mashed potatoes  Whole-wheat roll  Gelatin with fruit  Milk | Creole baked fish **14**  Okra and tomatoes  Grits  Cole slaw  Orange  Milk | Sausage with peppers  **15**  and onions  Rutabagas  Roll  Fruit cobbler  Milk |
| Chicken fricassee **18**  Mustard greens  Rice  Fruit cobbler  Milk | Brunswick stew **19**  Yellow squash  Macaroni & cheese  Corn muffin  Fresh fruit  Milk | Salisbury steak w/gravy **20**  Peas and carrots  Mashed potatoes  Cookie  Milk | Chipped barbeque **21**  chicken with bun  Potato wedges  Coleslaw  Spiced pears  Milk | Lasagna w/meat sauce **22**  Carrots  Green beans  Garlic bread  Fruit cocktail  Milk |
| Chicken, broccoli, and **25**  rice casserole  Green beans  Fruit cobbler  Milk | Pork chop w/gravy **26**  English peas  Mixed vegetables  Mashed potatoes  Fruit cocktail  Milk | Baked chicken w/gravy **27**  Broccoli  Okra and tomatoes  Yellow rice  Pudding  Milk | Chicken fingers  **28**  Tossed salad with ranch  dressing  Macaroni and cheese  Spiced apples  Milk | Beef stroganoff with  **29**  noodles  Sliced carrots  Green beans  Fresh fruit  Milk |  |

**\*Menu subject to market availability** **(912) 236-0363 |** [**www.seniorcitizens-inc.org**](http://www.seniorcitizens-inc.org/) **| toll-free (866) 579-2116**