

ALL MEALS ARE SERVED WITH 2% MILK

MEALS ON WHEELS OF WAKE COUNTY

MARCH 2025 MENU

Call (919)833-1749 to Cancel Meal Delivery

Monday	Tuesday	Wednesday	Thursday	Friday
3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
Meatloaf Patty, Mashed Potatoes w/brown gravy, Brussel Sprouts, Texas Toast, Banana <b>*CONTAINS BEEF *</b>	Pork BBQ Riblet w/Hamburger Bun, Navy Beans, Turnip Greens, Orange	Beef Chili, Corn' O'Brien, Broccoli W/ Cheese Sauce, Corn Bread, Banana, Orange Juice	Country Fried Steak, Ranch Diced Potatoes, Spinach, Sourdough Bread, Apple, Orange Juice	Fettucine Alfredo w/ Chicken, Zucchini & Onions, Cinnamon Apple Slices, Wheat Roll, Orange
10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
Chicken Parmesan, Italian Bread, Broccoli, Carrots, Barley Risotto, Lemon Pudding, Orange	Spaghetti w/Meat, Peas & Pearl Onions, Scalloped Potatoes, Wheat Roll, Fresh Fruit, Apple Juice <b>*CONTAINS BEEF*</b>	Oven Fried Chicken, Mashed Potatoes, Mustard Greens, Texas Toast, Orange, Grape Juice	Brunswick Stew, Kidney Beans, Brussel Sprouts, Wheat Bread, Banana <b>*CONTAINS PORK*</b>	Beef Hamburger Patty w/ Hamburger Bun, O'Brien Potatoes, Green Beans, Mustard Packet, Apple
17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
Salisbury Steak Patty, Rice Pilaf, Spinach Au Gratin, Wheat Roll, Grape Juice, Orange <b>*CONTAINS BEEF*</b>	Chicken & Brown Rice Casserole, Coin Dill Carrots, Cauliflower w/ Red Peppers, Cranberry Juice, Wheat Bread, Banana	BBQ Riblet, Au Gratin Potatoes, Green Beans, Coleslaw, Apple  <b>*CONTAINS PORK*</b>	Beef Stew, Rice, Chopped Broccoli, Wheat Roll, Apple Juice, Banana	Baked Chicken Leg, Yams & Pineapple, Peas & Onions, Wheat Bread, Orange, Pineapple Juice
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
Chicken Fajita, Stewed Tomatoes, Rice, Corn Bread, Fresh Fruit	Macaroni & Cheese, Zucchini Medley, Field Peas, Wheat Bread, Fresh Fruit	Smoked Sausage, Kidney Beans, Cauliflower w/Red Peppers, Hotdog Bun, Coleslaw, Fresh Fruit <b>CONTAINS PORK, TURKEY &amp; BEEF</b>	Chicken & Dumplings, Green beans w/ Red Winter Blend Veggies, Banana, Grape Juice, Wheat Roll	Sweet & Sour Pork Loin, Brown Rice, Creamed Spinach, Wheat Bread, Vanilla Pudding, Orange
31-Mar				
Chicken Picata, Seasoned Parslied Noodles, Green Beans w/ Red Peppers, Sourdough Bread, Cranberry Juice, Orange				