

ALL MEALS ARE SERVED WITH 2% MILK

Meals on Wheels Wake County

March 2026

REGISTER AT THE KIOSK!

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Spaghetti/w Meat Apple Cobbler, Broccoli Italian Bread, Vanilla Pudding <i>*CONTAINS BEEF*</i>	BBQ Pork w/Bun, Potatoes w/ Sour Cream, Green Beans, Orange Coleslaw <i>*CONTAINS PORK*</i>	Chicken Cordon Bleu, Spinach, Sweet Potatoes Fresh Fruit, Wheat Bread Apple Juice	Brunswick Stew, Carrot Coins, Brown Rice Banana, Wheat Bread Orange Juice <i>*CONTAINS CHICKEN*</i>	Peppered Swiss Steak Brussels Sprouts, Mashed Potatoes, Wheat Roll, Cranberry Juice, Fresh Fruit
9	10	11	12	13
Chicken w/ Brown Rice, Peas & Pearl Onions, Corn Wheat Bread, Fresh Fruit	Beef Stroganoff, Glazed Carrots, Harvard Beets, Orange Wheat Roll <i>*CONTAINS BEEF*</i>	Hamburger on a Bun w/ Lettuce, Tomato, Mustard Green Beans, Apple Cobbler Orange <i>*CONTAINS BEEF*</i>	Baked Chicken, Brown Rice, Creamed Spinach, Sourdough Bread Orange	Macaroni and Cheese Field Peas, Stewed Tomatoes, Wheat Roll Fresh Fruit, Pudding
16	17	18	19	20
Cabbage Casserole, Peas, Peach Crisp, Wheat Roll <i>*CONTAINS BEEF*</i>	Chicken Patty w/Hamburger Bun, Honey/Chicken Stock, Sweet Potatoes, Spinach Au Gratin Banana	Beef & Broccoli, Ginger Carrot Coins, Brown Rice Apple, Fortune Cookie Wheat Roll <i>*CONTAINS BEEF*</i>	BBQ Pork Riblet w/ Hamburger Bun BBQ Beans, Turnip Greens, Vinegar, Orange <i>*CONTAINS PORK*</i>	Baked Chicken, Broccoli & Carrots, Squash Casserole Texas Toast, Apple Juice Banana
23	24	25	26	27
Chicken Parmesan, Italian Vegetables, Seasoned Parslied Noodles, Wheat Bread, Cranberry Juice Fresh Fruit	Meatloaf Patty w/Brown Gravy Cauliflower w/Red Peppers, Corn Sourdough Bread, Orange Juice, Fresh Fruit <i>*CONTAINS BEEF*</i>	Smoked Sausage w/, Hotdog Bun, Lima Beans, Chopped Broccoli, Banana, Coleslaw <i>*CONTAINS TURKEY & BEEF*</i>	Beef Chili, Brown Rice Peas & Carrots, Corn Bread Apple Juice, Orange <i>*CONTAINS BEEF*</i>	Chicken & Grits, Turnip Greens, O'Brien Potatoes Grape Juice, Wheat Bread Fresh Fruit
30	31			
Beef Stew, Peas, Corn O'Brien Sourdough Bread, Orange <i>*CONTAINS BEEF*</i>	Smoked Sausage w/Bun Green Bean Almandine Peach Crisp Fresh Fruit Coleslaw <i>*CONTAINS TURKEY & BEEF*</i>			