

**SENIOR
March
2023**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**


**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
	8 oz. Low Fat Milk served with all lunches. 		CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS FRUIT COCKTAIL	A.) LEMON PEPPER CHIX WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE B.) HAM/VEGETABLE	TUNA NOODLE CASSEROLE BROCCOLI/CARROTS PINEAPPLE TIDBITS WGR DINNER ROLL
	6	7	8	9	10
	ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MIXED CITRUS FRUIT CUP	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL APRICOTS B.) LIVER & ONIONS	CHICKEN TACO REFRIED BEANS SPANISH RICE LETTUCE/TOMATO MANDARIN ORANGES TACO SAUCE	TILAPIA & GARLIC BUTTER WILD RICE PEAS WGR DINNER ROLL FRUIT COCKTAIL
	13	14	15	16	17
	B.B.Q. CHIX BREAST WGR DINNER ROLL CHEESY POTATOES CAULIFLOWER PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN TATOR TOTS BROCCOLI DICED PEARS B.) HAM/VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY W\TARTAR WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES STRAWBERRY APPLESCE TARTAR SAUCE
	20	21	22	23	24
	COUNTRY MEATBALLS MASHED POT \ GRAVY MIXED VEGETABLES WGR DINNER ROLL PEACHES	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS SCALLOPED POTATOES PINEAPPLE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) BBQ RIBLET MAC & CHEESE BAKED BEANS CORN MUFFIN PEACHES B.)HAM/CHIX NOODLE	TUNA NOODLE CASSEROLE BROCCOLI/CARROTS PINEAPPLE TIDBITS WGR DINNER ROLL
	27	28	29	30	31
	CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	BEEF STEW W / CORN MUFFIN CAULIFLOWER GREEN BEANS PEACH CUP	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI GREEN BEANS CORN MUFFIN APRICOTS	A. FISH PATTY W\TARTAR MASHED POT./GRAVY BROCCOLI/CARROTS WGR WHEAT BREAD - 1 MANDARIN ORANGES B.) TURKEY/VEGETABLE