

SENIOR
March
2025



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
3	4	5	6	7
ROSEMARY HERB CHX MASHED POT/GRAVY GREEN BEANS DINNER ROLL MXD CITRUS CUP	BAKED ZITI MEATSAUCE GROUND BEEF WGR GARLIC BREAD ITALIAN BLEND VEGGIES HOT APPLESAUCE	A) MEATLOAF MASHED POT/GRAVY DINNER ROLL GLAZED CARROTS APRICOTS B)LIVER & ONIONS	JUMBO HOT DOG BAKED BEANS POTATO WEDGES MANDARIN ORANGES WGR HOT DOG BUN	CITRUS BAKED HAM BLENDED VEGGIES SWEET POTATOES DICED PEACHES WGR DINNER ROLL/BUTTER
10	11	12	13	14
BBQ CHIX BREAST PINEAPPLE TIDBITS WGR DINNER ROLL AUGRATIN POTATOES CAULIFLOWER	A)SLOPPY JOE CHEESY POTATOES WGR WHEAT BUN BROCCOLI DICED PEARS B)HAM/VEGETABLE	BAKED CHIX QTR COIN CARROTS MASHED POT/GRAVY WGR DINNER ROLL PEACH COBBLER	HAMBURGER WGR BUN MUSHROOM/SWISS BABY RED POTATOES BAKED BEANS APRICOTS	FISH PATTY WGR WHEAT BUN/TARTAR CALIFORNIA BLEND VEGGIES MAC & CHEESE STRAWBERRY APPLESAUCE
17	18	19	20	21
COUNTRY MEATBALLS MASHED POT/GRAVY MIXED VEGGIES PEACHES WGR DINNER ROLL/BUTTER	CHICKEN PATTY PEAS & CARROTS SCALLOPED POTATOES WGR WHEAT BREAD - 1 PINEAPPLES	RAVIOLI W /MEATSAUCE CAULIFLOWER GREEN BEANS WGR GARLIC BREAD APRICOTS	A.)PULLED PORK WGR BUN CHEESY POTATOES WINTER BLEND VEGGIES FRUIT COCKTAIL B.) HAM/CHICKEN NOODLE	BEEF TACO SPANISH RICE/BEANS LETTUCE/TOMATO SHREDDED CHEESE FLOUR TORTILLA FRESH FRUIT
24	25	26	27	28
CHICKEN PARMESAN PASTA/MARINARA SICILIAN BLEND VEGGIES DICED PEARS WGR DINNER ROLL	BISCUITS & GRAVY HASH BROWN POTATO SAUSAGE PATTY ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT BAKED BEANS POTATOE WEDGES wgr HOT DOG BUN CHILLED APPLESAUCE	BEEFARONI CALIFORNIA BLEND VEGGIE APRICOTS CORN MUFFIN	A)PEPPER STEAK/GRAVY MASHED POTATOES GLAZED CARROTS WHEAT BREAD MANDARIN ORANGES B.)TURKEY/VEGETABLE
31				
HAMBURGER PATTY CALIFORNIA BLEND VEGGIES MAC & CHEES DICED PEACHES WGR WHEAT BUN				