

Treasure Valley . Serving Independence

March 2020 Menu

Contact: (208) 321-0031 www.MetroMealsonWheels.net

(Substitutions may be necessary without advanced notice.)

	Mon	Tue	Wed	Thu	Fri
2	White Bean & Kale Soup with Chicken Carrots Pears & Blueberries Wheat Roll Milk	Hearty Egg Scramble Potatoes Peaches Wheat Tortilla Milk	4 Ham & Pineapple Sweet Potatoes Green Beans Coleslaw Wheat Roll Milk	5 Sherry Mushroom Chicken Whole Wheat Pasta Venetian Veggies Fresh Fruit Wheat Bread / Milk	6 Rosemary Salmon Wild Rice Snap Peas Coleslaw Wheat Bread Milk
9	Roast Beef / Gravy Mashed Potatoes Green Beans Juice Wheat Roll Milk	Beans & Ham Potatoes Brussels Sprouts Peaches & Cottage Cheese Cornbread Milk	Cilantro Lime Chicken With Black Beans & Rice Spring Blend Veggies Spiced Apples Wheat Tortilla Milk	Turkey, Stuffing, Gravy Cranberry Sauce Carrots Fresh Fruit Wheat Roll Milk	Tuna Salad Sandwich 3 Bean Salad Tropical Fruit Salad Wheat Bread Milk Soup (congregate sites only)
16	Chicken Stir Fry Priental Blend Veggies Ginger Pears Wheat Bread Milk	Celebration! Corned Beef & Cabbage Red Potatoes Glazed Carrots Green Jell-O & Pears Wheat Roll / Milk	BBQ Chicken Baked Beans Normandy Veggies Wheat Bun Milk	Cranberry Meatballs over Rice Carrots Pears Wheat Bread Milk	Breaded Fish Tarter Sauce Brown Rice Peas Coleslaw Wheat Bread Milk
23	Pork Chop Mushroom Gravy Brown Rice Broccoli Applesauce Wheat Bread Milk	Spaghetti with Meat Sauce Garden Blend Veggies Peaches French Bread Milk	Bean Soup with Sausage Carrots Apples & Berries Cornbread Milk	Teriyaki Chicken Brown Rice Oriental Veggies Mandarin Oranges Wheat Bread Milk	Veggie Lasagna Peas & Onions Zucchini Green Salad French Bread Milk
30	Polish Sausage With Sauerkraut Buttered Potatoes Green Beans Juice Wheat Bun / Milk	31 Chicken Pesto Casserole Peas Carrots Juice Wheat Roll Milk			