



MEALS on WHEELS
METRO BOISE

March 2023 Menu

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

(Substitutions may be necessary without advanced notice.)

MON	TUE	WED	THU	FRI
		1 Mexican Beef Casserole Spanish Rice Corn Pineapple WW Tortilla / Milk	2	3 Lemon Herb Fish over Wild Rice Beets Cascade Vegetables Pears Whole Wheat Roll / Milk
6 Teriyaki Chicken over Rice Stir Fry Vegetables Carrots Fresh Fruit Whole Wheat Roll / Milk	7	8 Sausage Rice Skillet Peas Catalina Vegetables Pineapple 9-Grain Bread / Milk	9	10 Tuna Casserole Stewed Tomatoes Green Beans Fruit Cup Baci Roll Milk
13 Sherry Mushroom Chicken Roasted Potatoes Sunshine Carrots Tropical Fruit Granola Bar 9-Grain Bread / Milk	14	15 Rosemary Salmon over Rice Pilaf Capri Vegetables Pears Banana Whole Wheat Roll Milk	16	17 Corned Beef and Cabbage Red Potatoes Glazed Carrots Green Jello with Pears Baci Roll Milk
20 Ham with Pineapple Au Gratin Potatoes Snap Peas Fresh Fruit Whole Wheat Roll Milk	21	22 Mushroom Swiss Burger Potato Wedges Green Beans Whole Wheat Bun Milk	23	24 Vegetarian Spaghetti Green Beans Carrots Fresh Fruit French Bread Milk
27 Meatloaf with Brown Gravy Mashed Potatoes Beets Fruit Cup Whole Wheat Roll / Milk	28	29 BBQ Pork Riblet Baked Beans Sunshine Carrots Pineapple Whole Wheat Bun Milk	30	31 Cheesy Fish over Brown Rice Peas & Carrots Coleslaw Peaches 9-Grain Bread / Milk