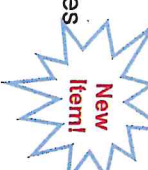


# March 2024 Menu

(Substitutions may be necessary without advanced notice.)

Contact:  
(208) 321-0031  
[www.MetroMealsonWheels.net](http://www.MetroMealsonWheels.net)

MON	TUE	WED	THU	FRI
4 <b>Polish Sausage with Sauerkraut</b> Baked Beans Peas & Onions Tropical Fruit Whole Wheat Bun Milk	5	6 <b>Roast Beef with Brown Gravy</b> Mashed Potatoes Peas Green Salad Whole Wheat Roll Milk	7	8 <b>Vegetable Spaghetti</b> Broccoli 3-Bean Salad Peaches French Bread Milk
11 <b>Ham &amp; Pineapple</b> Au Gratin Potatoes Winter Blend Vegetables Banana Whole Wheat Roll Milk	12	13 <b>BLT Pasta Salad</b> Broccoli Salad Cottage Cheese Fruit Cup Whole Wheat Roll / Milk Soup (congregate sites only)	14	15 <b>Lemon Dill Fish over Rice</b> Capri Vegetables Peas Fresh Fruit Whole Wheat Roll / Milk
18 <b>Turkey Florentine</b> Cauliflower Beets Fresh Fruit 9-Grain Bread Milk	19	20 <b>BBQ Cheddar Burger</b> Roasted Potatoes Corn Pineapple Whole Wheat Bun Milk	21	22 <b>Pasta e Fagioli</b> Catalina Veggies Snap Peas Peaches French Bread / Milk 
25 <b>Spaghetti with Meat Sauce</b> Italian Vegetables Cauliflower Applesauce French Bread Milk	26	27 <b>Salisbury Steak with Gravy</b> Mashed Potatoes Mixed Vegetables Spinach Salad 9-Grain Bread Milk	28	29 <b>Honey Garlic Salmon over Rice Pilaf</b> Carrots Green Beans Pears Whole Wheat Roll Milk