**Meals on Wheels menu**

March 2024

**REMINDERS**

* You must be home to receive your meal(s) upon delivery.
* Please call our office at least two days prior if you know you will not be home.
* With advance notice, alternative meals can be sent to prevent you from missing or skipping your meal(s).
* When possible, please ask family members, friends or neighbors to report all hospitalizations and nursing home placements.

**Monday Tuesday Wednesday Thursday Friday**

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| *Call (912) 236-0363 at least* *24 hours in advance to request a substitute frozen meal***Choice A - Poultry****Choice B - Fish****Choice C - Beef****Choice D – Vegetarian** |  |  |  | Beef stroganoff with  **1** noodlesSliced carrotsGreen beansFresh fruitMilk |
| Pot roast with potatoes, **4** onions, and carrotsBrussel sproutsWhole-wheat rollApple cobblerMilk | Barbeque chicken  **5**Collard greensSquash casseroleOatmeal cookieMilk | Cheeseburger with bun **6**Baked BeansCarrot-raisin salad Mustard/mayoSpiced pearsMilk | Chili with beans **7**Snap green beansCornbreadPeach crispMilk | Spaghetti & meat sauce  **8**CarrotsCabbageGarlic breadFresh fruitMilk |
| Chicken tetrazzini **11** with noodlesSweet carrotsCollard greensOatmeal cookieMilk |  Chicken fingers **12** w/ honey mustard sauceRoasted potato wedgesBroccoliDiced peachesMilk | Meatloaf with gravy  **13**Green beansMashed potatoesWhole-wheat rollGelatin with fruitMilk | Creole baked fish **14**Okra and tomatoesGritsCole slawOrangeMilk | Sausage with peppers  **15** and onionsRutabagasRollFruit cobblerMilk |
| Chicken fricassee **18**Mustard greensRiceFruit cobblerMilk | Brunswick stew **19**Yellow squashMacaroni & cheeseCorn muffinFresh fruitMilk | Salisbury steak w/gravy **20**Peas and carrotsMashed potatoesCookieMilk | Chipped barbeque **21** chicken with bunPotato wedgesColeslawSpiced pearsMilk | Lasagna w/meat sauce **22**CarrotsGreen beansGarlic breadFruit cocktailMilk |
| Chicken, broccoli, and **25** rice casseroleGreen beansFruit cobblerMilk | Pork chop w/gravy **26**English peasMixed vegetablesMashed potatoesFruit cocktailMilk | Baked chicken w/gravy **27**BroccoliOkra and tomatoesYellow ricePuddingMilk | Chicken fingers  **28**Tossed salad with ranch  dressingMacaroni and cheeseSpiced applesMilk | Beef stroganoff with  **29** noodlesSliced carrotsGreen beansFresh fruitMilk |  |

**\*Menu subject to market availability** **(912) 236-0363 |** [**www.seniorcitizens-inc.org**](http://www.seniorcitizens-inc.org/) **| toll-free (866) 579-2116**