

# DUNKIRK-FREDONIA MEALS ON WHEELS

196 Newton Street, Suite 5 • Fredonia, NY • 366-8822

## MARCH 2021 - HOT NOON HEATABLE MEAL MENU

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Sliced Turkey w/Gravy Stuffing Winter Squash Wheat Bread Mandarin Oranges Cranberry Sauce</p>	<p><b>2</b></p> <p>2 Sausage Links Pancakes w/Syrup Yogurt LS Vegetable Juice Apples W/ Craisins</p>	<p><b>3</b></p> <p>Pork Roast W/ Gravy Brown Rice Red Cabbage Wheat Bread Peaches</p>	<p><b>4</b></p> <p>Beef Stew Peas &amp; Carrots Biscuit Pineapple</p>	<p><b>5</b></p> <p>Vegetable Lasagna Spinach Garlic Roll Tropical Fruit</p>
<p><b>8</b></p> <p>Chicken a la King French Style Green Beans Biscuit Mandarin Oranges</p>	<p><b>9</b></p> <p>Polish Sausage w/Sauerkraut Buttered Noodles Beets Wheat Bread Fruit Cocktail</p>	<p><b>10</b></p> <p>Turkey Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Applesauce</p>	<p><b>11</b></p> <p>Chicken Stir Fry Brown Rice Oriental Vegetables Wheat Bread Pineapple</p>	<p><b>12</b></p> <p>Breaded Fish w/Tartar Sauce Coleslaw Corn Wheat Bun Cinnamon Apple Slices</p>
<p><b>15</b></p> <p>Meatloaf w/Gravy Scalloped Potatoes Italian Blend Vegetables Wheat Bread Peaches</p>	<p><b>16</b></p> <p>Spaghetti w/Meatballs Tossed Salad Garlic Wheat Dinner Roll Pear</p>	<p><b>17</b></p> <p>Chicken Fajita w/Peppers &amp; Onions Vegetarian Spanish Rice Seasoned Black Beans Tortilla Apple Slices</p>	<p><b>18</b></p> <p>Goulash Broccoli Biscuit Peaches</p>	<p><b>19</b></p> <p>Chicken Souvlaki Greek Potato Zucchini &amp; Tomato Wheat Bread Tropical Fruit</p>
<p><b>22</b></p> <p>Chili Carrots Cornbread Fruit Crisp</p>	<p><b>23</b></p> <p>Ham Slice w/Pineapple Ring Sweet Potato Green Beans Wheat Dinner Roll Fruit Cocktail</p>	<p><b>24</b></p> <p>Souper Chicken Brown Rice Peas Wheat Bread Pears</p>	<p><b>25</b></p> <p>Salisbury Steak w/Gravy Creamy Mushroom Barley Stewed Tomato Wheat Bread Peaches</p>	<p><b>26</b></p> <p>Cheese Manicotti w/Marinara Capri Blend Vegetables Garlic Roll Fruit Cocktail</p>
<p><b>29</b></p> <p>Hot Dog over Baked Beans Macaroni &amp; Cheese Broccoli Wheat Bread Pears</p>	<p><b>30</b></p> <p>Chicken Cordon Bleu Stuffing Winter Squash Wheat Bread Mandarin Oranges</p>	<p><b>31</b></p> <p>2 Sausage Links Pancakes w/Syrup Yogurt LS Vegetable Juice Apples w/Craisins</p>		



