

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.

March 2025

Allison Goodman RD, LD

Date: 1/8/25 Allison Goodman RD, LD License #ND 7006

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	3 Veg chili Greens Mashed potatoes Pear Cornbread Milk	4 Jambalaya Green beans Peas and carrots WW bread Mandarin oranges Milk	5 Meatball vegetable herb ramen w egg Corn Naan Strawberry kiwi cup Milk	6 Beef and eggplant tagine Rice Tossed salad w dressing Craisins Milk	7 Veg quiche Mashed sweet potatoes Tossed salad w dressing Craisins Garlic sticks Milk
<u>WEEK TWO</u>	10 Roasted pork au jus Polenta Sauteed kale Mandarin oranges WW roll Milk	11 Chicken tenders Penne marinara Spinach Garlic sticks Tropical fruit Milk	12 Shephard's pie Okra/tomato Corn Biscuit Lemon raspberry cup Milk	13 Chef salad Potato salad Pear Garlic sticks Milk	14 Fish w teriyaki sauce Fried rice Kale Applesauce Naan bread Milk
<u>WEEK THREE</u>	17 Chicken picatta Mashed potatoes Spinach Applesauce Garlic sticks Milk	18 Stuffed peppers Macaroni and cheese Mixed veggies Cherry lemon cup WW roll Milk	19 Taco (beef) with cheese and salsa, lettuce, tomato Brown rice / beans Mixed veggies Whole wheat tortilla Orange Milk	20 Chicken red curry with veggies Bok choy Rice Naan Pineapple Milk	21 Scrambled eggs w cheese French toast Potatoes with peppers/onions Roasted broccoli/cauliflower Orange Milk
<u>WEEK FOUR</u>	24 Hamburger on ww bun Baked potato (green onion, cheddar cheese) Lettuce, tomato, ketchup, mayo, must Green beans Orange Milk	25 Salisbury steak Mashed potatoes w green onion, cheddar, bacon Spianch WW bread Raisins Milk	26 Tortellini w turkey sausage and red pepper sauce Tossed salad w dressing Diced carrots WW roll Orange Milk	27 Turkey sandwich on 2 WW bread slices Slaw salad Lentil soup Strawberry kiwi cup Milk	28 Tuna salad sandwich Snap pea salad Tomato basil soup Birthday dessert (2) WW bread Milk
<u>WEEK FIVE</u>	31 Chicken burger Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk				