



Meals on Wheels – March 2020

Highland Senior Services
 (540) 468-2178
 harmony@vpas.info
Bath Senior Center
 (540) 839-5604

Prepared meals (with the film left on the top) can be reheated in the oven at or below 400 degrees or in the microwave oven.

Please call the Kitchen (540) 468-1975 at least 24 hours in advance if you will not be home to receive your meals. This menu applies to daily home-delivered meals only.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Salad Mixed Green Salad Beets Fruit	3 Vegetarian Chili Pinto Beans Carrot Blend Fruit Peanut Butter Crackers #105	4 Meatloaf Brown Rice Green Beans Squash Fresh Fruit	5 Turkey Sage Dressing Succotash Spinach Fruit	6 Pulled Pork Black Beans Peas & Carrots Fruit Banana Muffin #546
9 Lasagna Mixed Green Salad Malibu Mixed Veg Hot Fruit	10 Hamburger Au Jus Potato Wedges Carrots Fruit Oatmeal Cookie # 712	11 Lemon Pepper Chicken Noodles Broccoli Beets Fruit	12 Baked Fish Rice Pilaf Sweet Potatoes Black Eyed Peas Fruit	13 Sweet & Tangy BBQ Pork Riblet Baked Beans Corn w/ pepper Fruit #87
16 Pinto Beans w/ Ham Collard Greens Peas & Carrots Fruit Cornbread	17 Grilled Pork Chop w/gravy Brussel Sprouts Sweet Potatoes Fruit English Muffin #654	18 Chicken & Rice Casserole Stewed Tomatoes Lima Beans Fruit	19 Macaroni & Cheese Baked Beans Malibu Mixed Veg Mixed Green Salad Fruit	20 Turkey w/ Gravy Cornbread Dressing Flat Beans Butternut Squash Fruit #78
23 Beef Stew Green Beans Cornbread Peaches Crackers	24 Managers Choice	25 Cheeseburger on Bun Lettuce & Tomato Chuckwagon Corn Great Northern Beans Fruit	26 Pork Chop w/ gravy Brown Rice Kale Glased Carrots Fruit	27 Fish Fillet Cheesy Potatoes Mixed Veg English Muffin Fruit #653
30 Spaghetti w/Meat Sauce Broccoli Tossed Salad Baked Pears	31 Meatloaf w/ Apple Brown Gravy Potatoes Stewed Tomatoes Fruit Blueberry Muffin #44			In order to provide a balanced meal, our menu features milk each day, and often a bread selection.