



Meals on Wheels – March 2019

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.

Monday	Tuesday	Wednesday	Thursday	Friday
In order to provide a balanced meal, our menu features milk each day, and often a bread selection.				1 Chicken Stir Fry Oriental Vegetables Rice Hot Fruit
4 Chicken Salad Platter Mixed Green Salad Pasta Salad with Vegetables Fruit	5 Pepper Steak with Gravy Baked Cheese Grits Corn Green Beans Orange	6 Hamburger on a Bun Lettuce, Tomato, Onion Baked Beans Berry Crisp	7 Baked Fish Filet Rice Pilaf Black Beans Malibu Blend Vegetables Fruit	8 Pork Loin Sauce Robert Sweet Potato Chunks Spinach Fruit Oatmeal Cookie
11 Braised Pork Tips Rice Pilaf Sliced Carrots Brussels Sprouts Fruit	12 Chicken Noodle Casserole Lima Beans Stewed Tomatoes with Zucchini Fruit	13 Pinto Beans with Ham Greens Mixed Vegetables Cornbread Fruit	14 Chicken Salad Salad Beets Potato Salad Fruit Brownie	15 Managers Choice
18 Chicken Tenders Baked Beans Squash Casserole Pasta Salad Fruit	19 Beef Tips with Gravy Rice Mashed Pumpkin Lima Beans Fruit	20 Garlic Herb Park Loin Kale Corn Fruit Cocktail Oatmeal Muffin	21 Breaded Fish Filet Rice Pilaf Whipped Sweet Potatoes Black Eyed Peas Fruit	22 Lasagna Mixed Green Salad Brussels Sprouts Fruit
25 Roasted Turkey Sage Dressing Broccoli Macaroni Salad Fresh Fruit	26 Salisbury Steak Mashed Potatoes Carrots Fruit Oatmeal Cookie	27 Turkey Sage Dressing Succotash Cauliflower Au Gratin Fruit Dessert	28 Macaroni and Cheese Baked Beans Peas Mixed Green Salad Fruit	29 Barbequed Chicken Collard Greens Baked Beans Fruit