

MARCH 2025

Draft

AGING PROJECTS, INC.

MEALS ON WHEELS/FRIENDSHIP MEALS 21 - SERVING DAYS - 0 HOLIDAY

Mon	Tue	Wed	Thu	Fri
3 Tuna salad sandwich 4 oz Macaroni salad 4 oz Carrots 4 oz Easy fruit cobbler 4 oz Milk or grape juice 8 oz.	4 Chicken and rice soup 8oz Mixed vegetables 4 oz. Ambrosia fruit salad 4 oz Sweet muffin	5 Beef noodle cass. 8 oz Creamed peas 4 oz Apricots 4 oz Wheat bread/ butter	6 Bbq pork sandwich 4 oz Potato wedges 4 oz Broccoli 4 oz Pineapples 4 oz	7 Mexican lasagna 8 oz Mexican rice 4 oz Corn O'brien 4 oz Mandarin oranges 4 oz
10 Tomato soup 8 oz Pimento cheese sand. 4 oz Mixed fruit 4 oz Milk or grape juice 8 oz.	11 Bierock casserole 8 oz Harvest beets 4 oz Blushing pears 4 oz	12 Spaghetti w/ meat sauce 8 oz Green salad 8 oz Bananas in orange juice 4oz Garlic bread Milk or grape juice 8 oz.	13 Creamed chicken 4 oz Over biscuit Vegetable medley 4 oz Peaches 4 oz	14 Beef tips over rice 8 oz Mixed vegetables 4 oz Glazed cherries 4 oz
17 Pot. Ham Omelet 3.5 oz Broc, caul, raisin salad 4oz Orange Peanut butter muffin Milk or grape juice 8 oz.	18 Hot turkey sandwich 4oz Broccoli w/ cheese 4 oz Pineapples 4 oz	19 Sloppy Joe 4 oz Potato salad 4 oz Green beans 4 oz. Peaches 4 oz.	20 Beef stroganoff 8 oz Carrots 4 oz Banana Dinner roll / butter Chocolate cake Milk or grape juice 8 oz.	21 Vegetable soup 8 oz Ham & cheese sub sand 3oz w/lettuce, tomato, mayo Ambrosia fruit salad 4 oz Milk or grape juice 8 oz.
24 Pork & noodle cass. 8 oz Green beans 4 oz Pears 4 oz Wheat bread/ butter Milk or grape juice 8 oz.	25 Taco salad 3 oz. Lettuce, Tomato, cheese, chips Refried beans 4 oz Peach crisp 4 oz	26 Chicken & noodles 8 oz Mashed potatoes 4 oz Mixed vegetables 4 oz Orange	27 Cranberry meatballs 3 oz Rice 4 oz Broc. Cauliflour salad 4 oz Mixed fruit 4 oz Dinner roll/ butter Milk or grape juice 8 oz.	28 Poor boy stew 8 oz Harvest Beets 4 oz Apricots 4 oz Corn muffin/ butter Milk or grape juice 8 oz
31 Liver & onions 3 oz. or Beef cutlet 3 oz. Mashed potatoes 4 oz. Carrots & peas 4 oz. Pineapples 4 oz Milk or grape juice 8 oz.	<p><i>This menu subject to change!</i></p>			
Milk and grape juice are only available for Congregate participants. Powdered milk is available for home delivered meals Upon request.				