

**MEALS ON WHEELS OF RI
HOME DELIVERED MENU MARCH 2019**

Menu subject to change

Catered by: Lindley Food Service

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED DONATION: \$3.00 PER MEAL</p> <p>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700</p>	<p><i>Please call in meal cancellations no later than 10:00 am the day before. You must be home to receive your meal. For your safety & well-being coolers are not allowed.</i></p>	<p>March 10th - Daylight Savings Begins</p> <p>Meals on Wheels of RI is a non-profit organization funded in part by the U.S. Administration on Aging (AoA) & state funds through the RI Division of Elderly Affairs</p>	<p><i>Did you know that we can schedule a meal delivery in advance of your scheduled appointments? Provide us at least 2 business days advance notice & you won't have to miss a meal.</i></p>	<p>1</p> <p>Diced Chicken Scallopini Egg Noodles Tuscany Vegetables Garlic Roll Fresh Orange</p>
<p>4</p> <p>Chicken Cordon Blue Brown Rice w/Chickpeas Country Style Vegetables Whole Grain Dinner Roll Lemon Square DIET: SF Cookie</p>	<p>5</p> <p>Lasagna w/Meat Sauce Parmesan Cheese Packet Cauliflower Extra sauce 3rd compartment Italian Bread Fresh Apple</p>	<p>6</p> <p>Ash Wednesday</p> <p>Teriyaki Salmon Strips over Lo-Mein & Veggies Green Beans w/Red Pepper Pumpnickel Bread Lemon Pudding DIET: Applesauce</p>	<p>7</p> <p>Meatloaf w/Brown Gravy Mashed Potatoes Diced Beets Whole Grain Roll SF Cookie</p>	<p>8</p> <p>Macaroni & Cheese w/Crumb Topping Zucchini Cracked Wheat Bread Diced Peaches <i>2 compartment tray</i></p>
<p>11</p> <p>American Chop Suey Italian Green Beans Italian Bread Fresh Pear <i>2 compartment tray</i></p>	<p>12</p> <p>Hamburger Ketchup/Mustard Packets Potato Wedges Baked Beans Whole Grain Hamburger Roll SF Jell-O</p>	<p>13</p> <p>Chicken Cacciatore Brown Rice w/Orzo Tuscany Vegetable Blend Whole Grain Roll Diced Peaches</p>	<p>14</p> <p>Roast Turkey w/Gravy Garlic Mashed Potatoes Apple-Butternut Squash Oatmeal Bread Lorna Doone Cookies</p>	<p>15</p> <p>Southwestern Breakfast Taco <i>(eggs, black beans, salsa topped w/cheddar)</i> in a Flour Tortilla Herbed Brown Rice Peppers & Onions Pineapple Tidbits</p>
<p>18</p> <p>St. Patrick's Day Meal</p> <p>Corned Beef Parslied Red Bliss Potatoes Cabbage & Baby Carrots Mustard Packet Rye Bread Shamrock Cupcake DIET: Lorna Doone Cookies</p>	<p>19</p> <p>Breaded Chicken Parmesan Penne Pasta w/Tomato Sauce Parmesan Cheese Packet Brussel Sprouts Italian Bread Fresh Apple</p>	<p>20</p> <p>Spring Begins ☀</p> <p>Shepherd's Pie w/Gravy Corn Niblets Whole Grain Roll Brownie DIET: Vanilla Cookie Bites <i>2 compartment tray</i></p>	<p>21</p> <p>Roast Pork w/Mustard Wine Sauce Cheese Gnocchi Peas & Pearl Onions Pumpnickel Bread Applesauce</p>	<p>22</p> <p>Egg Salad Sandwich German Potato Salad (oil) Spinach w/Mandarin Oranges Mini Kaiser Roll Raisins</p>
<p>25</p> <p>BBQ Pork Riblets Molasses Baked Beans Succotash Corn Muffin Cinnamon Peaches</p>	<p>26</p> <p>Breaded Pollock Tartar Sauce Packet Mashed Potatoes Chef's Choice Vegetable Multigrain Bread Fresh Orange</p>	<p>27</p> <p>Beef Tips w/Sherry Thyme Gravy Roasted Sweet Potatoes Spinach Whole Grain Bread Oatmeal Raisin Cookie DIET: SF Cookie</p>	<p>28</p> <p>Sweet & Sour Meatballs over White Rice Asian Vegetable Blend Cracked Wheat Bread Pineapple Tidbits <i>2 compartment tray</i></p>	<p>29</p> <p>Cheddar Cheese Omelet Home Fries Peppers & Onions Whole Grain Blueberry Muffin Mandarin Oranges</p>

REFRIGERATE MEALS IF NOT EATING IMMEDIATELY – MEAL WILL BE HOT AFTER REHEATING – PLEASE HANDLE CAREFULLY

*** DO NOT REHEAT IN TOASTER OVEN ***

Meal Reheating Instructions – Reheat to a temperature of at least 165° F

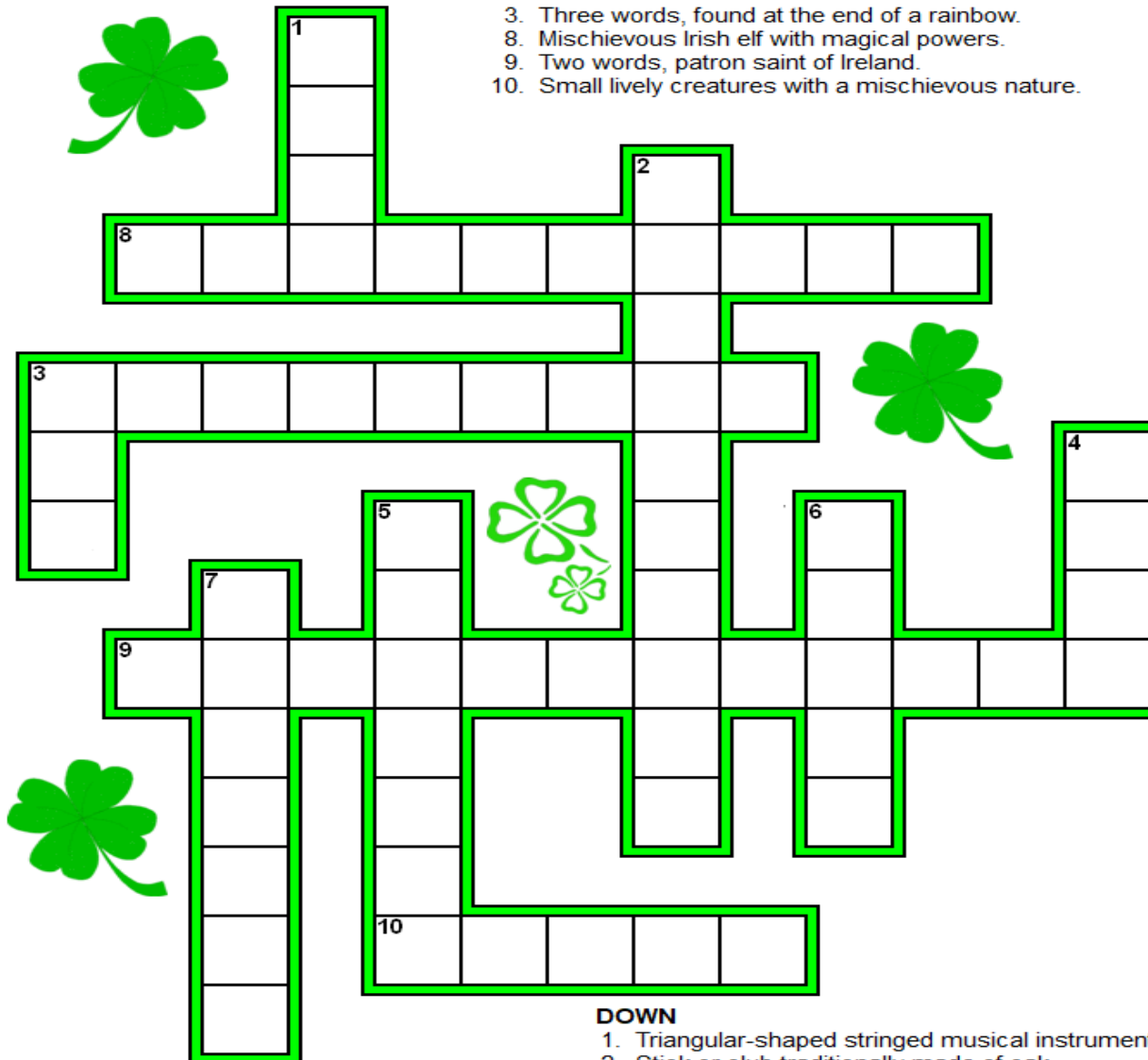
Microwave: Peel back lid to vent or slit film in each compartment - reheat meal for 1.25 minutes – add 30 seconds as needed

Conventional oven: Pre-heat oven to 350 degrees F - Place meal on cookie sheet, peel back lid to vent & reheat for 10 minutes max

SF = sugar free LS = low sodium OR = low sugar

ACROSS

- 3. Three words, found at the end of a rainbow.
- 8. Mischievous Irish elf with magical powers.
- 9. Two words, patron saint of Ireland.
- 10. Small lively creatures with a mischievous nature.



DOWN

- 1. Triangular-shaped stringed musical instrument.
- 2. Stick or club traditionally made of oak.
- 3. A bar that also serves food.
- 4. Good fortune.
- 5. Gaelic folklore about the spirit of a woman who appears, wailing, to signal someone is going to die.
- 6. Saint Patrick's Day is celebrated in this month.
- 7. Multicolored arc in the sky.