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 *2020 Meals on Wheels Home Delivered Menu: Grand Traverse & Leelanau County*

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| **2****Roast Beef &**  **Gravy****Mashed Potatoes****Prince Charles** **Vegetables****Banana****Bread****Chocolate Pudding**  | **3****Salisbury Steak w/** **Gravy****Mashed Potatoes****Green Beans** **Almandine****Pineapple Tidbits****Dinner Roll** | **4****Lemon Chicken****Rice Pilaf****Beets** **Fresh Broccoli &** **Cauliflower w/dip****Diced Peaches****Bread** | **5****Penne Pasta**  **w/meat sauce** **Mixed Vegetables** **Butternut Squash****Sweet Cherries** **Bread****Fruit Crisp** | **6****Baked Fish****Ranch Potato** **Wedges****Carrots****Fresh Pear****Dinner Roll** |
| **9****Stuffed Green** **Pepper w/Meat** **Sauce****Scalloped**  **Potatoes****Capri Vegetable**  **Blend****Pineapple Tidbits****Dinner Roll** | **10****BBQ Pulled Pork** **On a Bun****Roasted Red**  **Potatoes****Mixed Vegetables****Diced Pears** | **11** **Chicken w/** **Mushroom Gravy****Rice Pilaf****Dilled Carrots****Three Bean Salad****Orange** **Bread**  | **12****Shepherd’s Pie****Mashed Potatoes****Prince Charles** **Vegetables****Tropical Fruit Salad****Biscuit** | **13****Macaroni & Cheese****Green Peas****Stewed Tomatoes****Diced Peaches****Bread****Fruit Crisp** |
| **16****Sloppy Joe on a**  **Bun****Rosemary**  **Potatoes****Mixed Vegetables****Apple Slices** | **17 *St. Patrick’s Day*****Corned Beef****Cabbage****Red Skin Potatoes****Dinner Roll****Mixed Fruit****Green Jell-O** | **18** **Meatloaf****Mashed Potatoes** **w/Gravy****Dilled Carrots****Banana****Dinner Roll** | **19****Sweet & Sour**  **Pork****Brown Rice****Midori Vegetable** **Blend****Broccoli Salad****Diced Pears** **Bread** | **20****Pasta w/Marinara** **Sauce & Mozzarella** **Cheese****Green Beans****Butternut Squash****Cottage Cheese****Pineapple Tidbits****Dinner Roll** |
| **23****Turkey and Gravy****Red Skin Mashed** **Potatoes****Dilled Carrots****Blueberries****Dinner Roll** | **24****Meatball Sub**  **Sandwich** **Capri Vegetable**  **Blend****Diced Beets** **Fresh Pear** | **25****Goulash****Corn****Green Beans** **Warmed Sliced**  **Peaches****Brownie** | **26****Stuffed Cabbage**  **Rolls w/Meat** **Sauce****Mashed Potatoes****Succotash****Banana****Dinner Roll** | **27****Cheese Omelet****Hash Browns****Stewed Tomatoes****Apple Slices****English Muffin** |
| **30****Turkey Tetrazzini****Green Beans****Creamy Coleslaw****Scalloped Apples****Dinner Roll** | **31****Grilled Hamburger**  **on a bun****Ranch Potato**  **Wedges****Baked Beans** **Orange**  |  |  | Image result for lucky quotes |

Milk is served with all meals. This menu is subject to change.

The Michigan Department of Aging and Adult Services provides the regulations regarding this menu.

TO CANCEL MEALS, PLEASE CALL: 947-3780 or 1-800-632-7334