



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

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

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**