



WCCS
5 Day Menu
March 2024

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Director of Aging Services

REMINDER:
If you are **NOT** going to be home to receive your HOME
DELIVERED MEAL
**PLEASE CALL: 513-695-2256 Option 2, A DAY IN
ADVANCE
OR BY 8:00 a.m.**

Menu Subject to change with Dietitian approval

INSTRUCTIONS

- **REFRIGERATE** the fresh meal as soon as it arrives, unless you plan to eat it immediately.
- **When HEATING**, vent the plastic sections with a fork or pull back the corner of each food section to vent. CAUTION! Steam will be HOT!
 - **To heat in a MICROWAVE:** Heat the meal for 2-3 minutes on high or until the food reaches 165 degrees. (Begin with two minutes and increase the time if needed.)
 - **To heat in a CONVENTIONAL OVEN:** Place the meal on a cookie sheet in the middle of the oven. Heat at 350 degrees for 15 to 20 minutes.
- **CAUTION: Never** use a toaster oven to heat your Meals on Wheels™

Week of March 4

MENU A

MENU B

MONDAY 3/4	MONDAY 3/4
Chicken Taco Diced Tomatoes Chuckwagon Vegetables Tortilla Fresh Fruit Milk	Beef Taco Roasted Corn & Peppers Black Beans Tortilla Fresh Fruit Milk
TUESDAY 3/5	TUESDAY 3/5
Tomato Soup Chicken Salad Potato Salad Croissant Strawberry Applesauce Fresh Fruit Milk	Tomato Soup Ham Salad Coleslaw Croissant Strawberry Applesauce Fresh Fruit Milk
WEDNESDAY 3/6	WEDNESDAY 3/6
Roast Beef / Gravy Potatoes O Brien Green Beans Tossed Salad / Dressing Bread / Margarine Milk	Grilled Salmon Mashed Potatoes Yellow Squash Tossed Salad / Dressing Bread Margarine Milk
THURSDAY 3/7	THURSDAY 3/7
Cincy Chili / Spaghetti Belgian Carrots Peas Bread / Margarine Cherry Pie / Diet Pie Milk	Grilled Chicken / Gravy Hominy Mixed Greens Bread / Margarine Cherry Pie / Diet Pie Milk
FRIDAY 3/8	FRIDAY 3/8
Steak Hoagie / Bun Potato Wedges Green Beans Fresh Fruit Milk	B.B.Q. Riblet / Bun Potato Medley Peas & Carrots Fresh Fruit Milk

Week of March 1

MENU A:

MENU B:

FRIDAY 3/1	FRIDAY 3/1
B.B.Q. Pork / Bun Tater Tots Mixed Vegetables Fresh Fruit Milk	Grilled Chicken / Bun Potato Medley Butter Beans Fresh Fruit Milk

Week of March 11

MENU A:

MENU B:

MONDAY 3/11	MONDAY 3/11
Pork & Vegetable Egg Rolls Cauliflower Zucchini Bread / Margarine Fresh Fruit Milk	Bourbon Meatballs / Pasta Asparagus Peas Bread / Margarine Fresh Fruit Milk

TUESDAY 3/12	TUESDAY 3/12
Salisbury / Mushroom Gravy Potato Medley Kale Bread / Margarine Apple Pie / Diet Pie Milk	Cheese Rolette / Marinara Corn Yellow Squash Bread / Margarine Apple Pie / Diet Pie Milk

WEDNESDAY 3/13	WEDNESDAY 3/13
Chicken & Noodles Wax Beans Mixed Vegetables Tossed Salad Dressing Bread / Margarine Milk	Stuffed Green Pepper Mashed Potatoes Lima Beans Tossed Salad / Dressing Bread / Margarine Milk

THURSDAY 3/14	THURSDAY 3/14
Turkey Tetrzzini Winter Blend Capri Vegetables Bread Stick / Margarine Strawberry Applesauce Milk	Crab Cake Broccoli Mixed Vegetables Bread Stick / Margarine Strawberry Applesauce Milk

FRIDAY 3/15	FRIDAY 3/15
Macaroni & Cheese Succotash California Blend Fresh Fruit Milk	Pepperoni Calzone Potato Wedges Mixed Vegetables Fresh Fruit Milk

Week of March 18

MENU A:

MENU B:

MONDAY 3/18	MONDAY 3/18
Chili With Beans Cream Corn Cinnamon Apples Biscuit / Margarine Fresh Fruit Milk	Breakfast Bake Spiced Peaches Tater Bucks Biscuit / Margarine Fresh Fruit Milk

TUESDAY 3/19	TUESDAY 3/19
B.B.Q. Chicken Diced Potatoes Asparagus Bread / Margarine Mandarin Oranges Milk	Sausage & Apples Mashed Potatoes With Skins Buttered Corn Bread / Margarine Mandarin Oranges Milk

WEDNESDAY 3/20	WEDNESDAY 3/20
Ham / Pineapple Sauce Scalloped Potatoes Green Beans Tossed Salad / Dressing Bread / Margarine Milk	Beef & Noodles Lima Beans Beets Tossed Salad / Dressing Bread / Margarine Milk

THURSDAY 3/21	THURSDAY 3/21
Pot Roast / Gravy Baby Bakers Sliced Carrots Eclair / Angel Food Cake Fruit Cup Milk	Broccoli Stuffed Chicken Hash Brown Bake Peas Eclair / Angel Food Cake Strawberry Applesauce Milk

FRIDAY 3/22	FRIDAY 3/22
Egg & Goetta Patty Hash Browns Cinnamon Apples Biscuit / Margarine Fresh Fruit Milk	Beef Stew Basil Tomatoes Peas & Carrots Biscuit / Margarine Fresh Fruit Milk

Week of March 25

MENU A:

MENU B:

MONDAY 3/25	MONDAY 3/25
Meatloaf Ranch Mashed Potatoes Chuckwagon Vegetables Bread / Margarine Fresh Fruit Milk	Chicken Pot Pie Seasoned Diced Tomatoes Tater Bucks Bread / Margarine Fresh Fruit Milk

TUESDAY 3/26	TUESDAY 3/26
Chicken Penne Alfredo Broccoli Peas & Onions Brownie / S.F. Cookies Pineapple Tidbits Milk	Pepper Steak / Rice Cauliflower Seasoned Kale Brownie / S.F. Cookies Pineapple Tidbits Milk

WEDNESDAY 3/27	WEDNESDAY 3/27
Kielbasa Mashed Potatoes Sauerkraut Fresh Vegetables / Ranch Dip Bread / Margarine Milk	Grilled Salmon Au Gratin Potatoes Mixed Vegetables Fresh Vegetables / Ranch Dip Bread / Margarine Milk

THURSDAY 3/28	THURSDAY 3/28
Rotini & Meat Sauce Corn Seasoned Green Beans Bread / Margarine Diced Pears Milk	Cheese Pizza Hominy Carrots Bread / Margarine Diced Pears Milk

FRIDAY 3/29	FRIDAY 3/29
Sloppy Joe / Bun Potato Wedges Carrots Coleslaw Pudding / S.F. Pudding Milk	Breaded Chicken / Bun Scalloped Potatoes Spinach Coleslaw Pudding / S.F. Pudding Milk