

WCCS 5 Day Menu March 2025

*Amy Houpey, CDM, CFPP, MBM
Director of Aging Services*

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 31

MENU A

MONDAY 3/31	MONDAY 3/31
Chili With Beans Cream Corn Cinnamon Apples Biscuit / Margarine Fresh Fruit Milk	Egg & Goetta Patty Hash Browns Spiced Peaches Biscuit / Margarine Fresh Fruit Milk

MENU B

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.

Week of March 3

MENU A

MONDAY 3/3	MONDAY 3/3
Beef & Macaroni Zucchini & Tomatoes Corn Garlic Bread / Margarine Fresh Fruit Milk	Vegetable Lasagna Broccoli Spinach Garlic Bread / Margarine Fresh Fruit Milk

MENU B

TUESDAY 3/4	TUESDAY 3/4
Garlic Herb Chicken Brussel Sprouts Mixed Vegetables Bread / Margarine Strawberry Applesauce Milk	Beef Pot Pie Wax Beans Capri Vegetables Bread / Margarine Strawberry Applesauce Milk

WEDNESDAY 3/5	WEDNESDAY 3/5
Spaghetti & Meatballs Chuckwagon Vegetables Zucchini Tossed Salad / Dressing Carrot Cake / Sponge Cake Milk	Boneless Chicken Wings Carrots Mixed Greens Tossed Salad / Dressing Carrot Cake / Sponge Cake Milk

THURSDAY 3/6	THURSDAY 3/6
Swiss Steak Diced Potatoes Beets Corn Muffin / Margarine Diced Peaches Milk	Chicken & Dumplings Broccoli Butter Beans Corn Muffin / Margarine Diced Peaches Milk

FRIDAY 3/7	FRIDAY 3/7
Hamburger / Bun Potato Wedges Baked Beans Fresh Fruit Milk	Breaded Fish / Bun Stewed Tomatoes Mixed Vegetables Fresh Fruit Milk

Menu Subject to Change with Dietitian Approval

[Week of March 10](#)

MENU A:

MENU B:

MONDAY 3/10	MONDAY 3/10
Creamed Chipped Beef Seasoned Green Beans Beets Biscuit / Margarine Fresh Fruit Milk	Sausage Gravy Hash Browns Spiced Peaches Biscuit / Margarine Fresh Fruit Milk

TUESDAY 3/11	TUESDAY 3/11
Kielbasa Mashed Potatoes Sauerkraut Bread / Margarine Tropical Fruit Cup Milk	Breaded Veal Broccoli Roasted Peppers & Corn Bread / Margarine Tropical Fruit Cup Milk

WEDNESDAY 3/12	WEDNESDAY 3/12
Turkey / Gravy Harvest Blend Vegetables Roasted Sweet Potatoes Tossed Salad / Dressing Com Muffin / Margarine Brownie / S.F. Pudding Milk	Soup Beans & Ham Sweet Corn Bake Peas Tossed Salad / Dressing Com Muffin / Margarine Brownie / Margarine Milk

THURSDAY 3/13	THURSDAY 3/13
Beef & Noodles Sliced Carrots Sugar Snap Peas Bread / Margarine Mixed Fruit Cup Milk	Pork Loin / Gravy Sweet Potatoes Capri Vegetables Bread / Margarine Mixed Fruit Cup Milk

FRIDAY 3/14	FRIDAY 3/14
B.B.Q. Pork / Bun Tater Tots Mixed Vegetables Fresh Fruit Milk	Grilled Cheese Potato Medley Butter Beans Fresh Fruit Milk

[Week of March 17](#)

MENU A:

MENU B:

MONDAY 3/17	MONDAY 3/17
Chicken Taco Diced Tomatoes Roasted Com & Peppers Tortilla Fresh Fruit Milk	Beef Taco Street Com Black Beans Tortilla Fresh Fruit Milk

TUESDAY 3/18	TUESDAY 3/18
Broccoli Soup Egg Salad Pasta Salad Croissant Diced Pears Fresh Fruit Milk	Broccoli Soup Ham Salad Potato Salad Croissant Diced Pears Fresh Fruit Milk

WEDNESDAY 3/19	WEDNESDAY 3/19
Roast Beef / Gravy Mashed Potatoes Green Beans Tossed Salad / Dressing Bread / Margarine Milk	Chicken Cordon Bleu Potatoes O Brien Yellow Squash Tossed Salad / Dressing Bread / Margarine Milk

THURSDAY 3/20	THURSDAY 3/20
Cincy Style Chili / Spaghetti Peas & Onions Kidney Beans Bread / Margarine Cinnamon Applesauce Milk	Grilled Chicken / Gravy Hominy Mixed Greens Bread / Margarine Cinnamon Applesauce Milk

FRIDAY 3/21	FRIDAY 3/21
Steak Hoagie / Bun Potato Wedges Green Beans Fresh Fruit Milk	B.B.Q. Riblet / Bun Potato Medley Belgian Carrots Fresh Fruit Milk

[Week of March 24](#)

MENU A:

MENU B:

MONDAY 3/24	MONDAY 3/24
Pork & Vegetable Egg Rolls Cauliflower Zucchini Bread / Margarine Fresh Fruit Milk	Bourbon Meatballs / Pasta Asparagus Sugar Snap Peas Bread / Margarine Fresh Fruit Milk

TUESDAY 3/25	TUESDAY 3/25
Cabbage Roll Paco Roasted Vegetables Yellow Squash Bread / Margarine Diced Peaches Milk	Cheese Rolette / Marinara Com Mixed Greens Bread / Margarine Diced Peaches Milk

WEDNESDAY 3/26	WEDNESDAY 3/26
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 3/27	THURSDAY 3/27
Turkey Tetrazzini Winter Blend Vegetables Diced Beets Garlic Bread / Margarine Strawberry Applesauce Milk	Crab Cake Broccoli Capri Vegetables Garlic Bread / Margarine Strawberry Applesauce Milk

FRIDAY 3/28	FRIDAY 3/28
Macaroni & Cheese Succotash California Blend Bread / Margarine Fresh Fruit Milk	Pepperoni Pizza Potato Wedges Mixed Vegetables Bread / Margarine Fresh Fruit Milk