



## WCCS 5 Day Menu March 2026

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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 350 degrees for 15 to 20 minutes.
- **CAUTION: *Never*** use a toaster oven to heat your Meals on Wheels™

### WEEK OF March 2

MENU A:

MENU B:

MONDAY 3/2	MONDAY 3/2
Chicken Taco Diced Tomatoes Roasted Corn & Peppers Tortilla Fresh Fruit Milk	Beef Taco Street Corn Black Beans Tortilla Fresh Fruit Milk

TUESDAY 3/3	TUESDAY 3/3
Cheese & Broccoli Soup Chicken Salad Pasta Salad Croissant Tropical Fruit Fresh Fruit Milk	Cheese & Broccoli Soup Ham Salad Cucumber Salad Croissant Tropical Fruit Fresh Fruit Milk

WEDNESDAY 3/4	WEDNESDAY 3/4
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 3/5	THURSDAY 3/5
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 3/6	FRIDAY 3/6
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 9

MENU A:

MENU B:

MONDAY 3/9	MONDAY 3/9
Egg Rolls Pork & Vegetable Cauliflower Zucchini Bread / Margarine Fresh Fruit Milk	Bourbon Meatballs / Pasta Asparagus Sugar Snap Peas Bread / Margarine Fresh Fruit Milk

TUESDAY 3/10	TUESDAY 3/10
Cabbage Roll Paco Roasted Vegetables Yellow Squash Bread / Margarine Diced Peaches Milk	Cheese Rolette / Marinara Corn Mixed Greens Bread / Margarine Diced Peaches Milk

WEDNESDAY 3/11	WEDNESDAY 3/11
Chicken & Noodles Wax Beans Mixed Greens Tossed Salad / Dressing Bread / Margarine Milk	Stuffed Green Pepper Mashed Potatoes Lima Beans Tossed Salad / Dressing Bread / Margarine Milk

THURSDAY 3/12	THURSDAY 3/12
Turkey Tetrazzini Winter Blend Vegetables Diced Beets Bread Stick / Margarine Strawberry Applesauce Milk	Crab Cake Broccoli Capri Vegetables Bread Stick / Margarine. Strawberry Applesauce Milk

FRIDAY 3/13	FRIDAY 3/13
Macaroni & Cheese Succotash California Blend Bread / Margarine Fresh Fruit Milk	Pepperoni Pizza Potato Wedges Mixed Vegetables Bread / Margarine Fresh Fruit Milk

**WEEK OF March 16**

**MENU A:**

MONDAY 3/16	MONDAY 3/16
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:**

TUESDAY 3/17	TUESDAY 3/17
B.B.Q. Chicken Harvest Blend Vegetables Asparagus Bread / Margarine Mandarin Oranges Milk	Sausage & Apples Mashed Potatoes Golden Hominy Bread / Margarine Mandarin Oranges Milk

WEDNESDAY 3/18	WEDNESDAY 3/18
Rotini & Meat Sauce Corn Green Beans Tossed Salad / Dressing Bread / Margarine Milk	Cheese Pizza Carrots Zucchini Tossed Salad / Dressing Bread / Margarine Milk

THURSDAY 3/19	THURSDAY 3/19
Pot Roast / Gravy Baby Bakers Sliced Carrots Bread / Margarine Cheesecake / Sponge Cake Papaya & Mango Milk	Broccoli Stuffed Chicken Hash Brown Bake Peas Bread / Margarine Cheesecake / Sponge Cake Papaya & Mango Milk

FRIDAY 3/20	FRIDAY 3/20
Breakfast Bake Hash Browns Spiced Peaches Biscuit / Margarine Fresh Fruit Milk	Beef Stew Basil Tomatoes Peas & Carrots Biscuit / Margarine Fresh Fruit Milk

**WEEK OF March 23**

**MENU A:**

MONDAY 3/23	MONDAY 3/23
Meatloaf Ranch Mashed Potatoes Chuckwagon Vegetables Bread / Margarine Fresh Fruit Milk	Chicken Pot Pie Seasoned Diced Tomatoes Butter Beans Bread / Margarine Fresh Fruit Milk

**MENU B:**

TUESDAY 3/24	TUESDAY 3/24
Chicken Penne Alfredo Broccoli Peas & Onions Garlic Bread / Margarine Pineapple Tidbits Milk	Pepper Steak / Rice Cauliflower Seasoned kale Garlic Bread / Margarine Pineapple Tidbits Milk

WEDNESDAY 3/25	WEDNESDAY 3/25
Omelet / Sausage Links Cinnamon Apples Diced Potatoes Fresh Vegetables / Ranch Dip Bread / Margarine Milk	Mini Turkey Corn Dogs Au Gratin Potatoes Mixed Vegetables Fresh Vegetables / Ranch Dip Bread / Margarine Milk

THURSDAY 3/26	THURSDAY 3/26
Ham / Pineapple Sauce Potato Casserole Seasoned Green Beans Bread / Margarine Diced Pears Milk	Grilled Salmon Lima Beans Beets Bread / Margarine Diced Pears Milk

FRIDAY 3/27	FRIDAY 3/27
Sloppy Joe / Bun Potato Wedges Carrots Coleslaw Pudding / S.F. Pudding Milk	Breaded Chicken / Bun Criss Cut Potatoes Spinach Coleslaw Pudding / S.F. Pudding Milk

**WEEK OF March 30**

**MENU A:**

MONDAY 3/30	MONDAY 3/30
Beef And Macaroni Zucchini & Tomatoes Corn Garlic Bread / Margarine Fresh Fruit Milk	Vegetable Lasagna Broccoli Spinach Garlic Bread / Margarine Fresh Fruit Milk

**MENU B:**

TUESDAY 3/31	TUESDAY 3/31
Garlic Herb Chicken Brussel Sprouts Mixed Vegetables Bread /Margarine Strawberry Applesauce Milk	Beef Pot Pie Wax Beans Capri Vegetables Bread / Margarine Strawberry Applesauce Milk

**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 8:00a.m.**