


MISSOULA *aging* SERVICES

MEALS ON WHEELS March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				3/1/19 CRUSTED COD WITH WHITE WINE CREAM SAUCE LEMON BASIL COUS COUS GREEN BEANS MANDARIN ORANGES LEMON CAKE LEMON CAKE (DIABETIC) VEGETARIAN: EGGPLANT PARMESAN DINNER ROLL GREEN BEANS
3/4/19 SWISS STEAK ASPARAGUS TIPS DINNER ROLL RED APPLE CHOCOLATE PUDDING CHOCOLATE PUDDING (DIABETIC) VEGETARIAN: VEGETARIAN MEAT-BALLS WITH PASTA MARINARA ASPARAGUS TIPS	3/5/19 ROASTED TURKEY WITH GRAVY SWEET POTATOES CORN FRESH PEAR BROWNIE BROWNIE (DIABETIC) CRANBERRY JUICE VEGETARIAN: ROASTED ONION AND MUSHROOM SHEPHERD'S PIE CORN	3/6/19 YANKEE POT ROAST RED POTATOES BABY CARROTS BANANA CHOCOLATE CHIP COOKIE CHOCOLATE CHIP COOKIE (DIABETIC) VEGETARIAN: VEGETARIAN CHILI BABY CARROTS DINNER ROLL	3/7/19 MEATLOAF WITH GRAVY MASHED POTATOES PEAS ORANGE WHITE CAKE WHITE CAKE (DIABETIC) VEGETARIAN: VEGGIE LOAF WITH MASHED POTATOES PEAS	3/8/19 MACARONI & CHEESE GREEN BEANS CHOPPED WATERMELON BLUEBERRY COBBLER BLUEBERRY COBBLER (DIABETIC) VEGETARIAN: VEGETARIAN MACARONI & CHEESE GREEN BEANS
3/11/19 BEEF STROGANOFF EGG NOODLES CARROTS GREEN APPLE VANILLA PUDDING VANILLA PUDDING (DIABETIC) VEGETARIAN: SWEET POTATO BLACK BEAN ENCHILADA CASSEROLE CARROTS	3/12/19 CHICKEN & DUMPLING STEW BRUSSEL SPROUTS APPLESAUCE ANGEL FOOD CAKE ANGELFOOD CAKE (DIABETIC) ORANGE JUICE VEGETARIAN: TOFU & DUMPLING STEW BRUSSEL SPROUTS	3/13/19 SPAGHETTI WITH MEAT SAUCE PASTA VEGETABLE BLEND ORANGE CHOCOLATE CAKE CHOCOLATE CAKE (DIABETIC) VEGETARIAN: HUNGARIAN MUSHROOM STEW BISCUIT VEGETABLE BLEND	3/14/19 ZESTY RANCH CHICKEN WITH GRAVY MASHED POTATOES PEAS RED GRAPES SNICKERDOODLE COOKIE LEMON COOKIE (DIABETIC) VEGETARIAN: EGGPLANT PARMESAN DINNER ROLL PEAS	3/15/19 PULLED PORK DINNER ROLL GREEN BEANS COLE SLAW BANANA BREAD CHEESECAKE (DIABETIC) VEGETARIAN: QUINOA STUFFED PEPPERS WITH MARINARA SAUCE GREEN BEANS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/18/19 BEEF CHILI CORNBREAD CORN RED APPLE CARROT CAKE CUSTARD (DIABETIC) VEGETARIAN: VEGETARIAN CHILI CORN BREAD CORN	3/19/19 CHICKEN TERIYAKI BROWN RICE ASPARAGUS TIPS ORANGE PEACH CRISP CHEESECAKE (DIABETIC) GRAPE JUICE VEGETARIAN: ROASTED ONION AND MUSHROOM SHEPHERD'S PIE ASPARAGUS TIPS	3/20/19 ROAST BEEF MASHED POTATOES CAULIFLOWER BANANA YELLOW CAKE WHITE CAKE (DIABETIC) VEGETARIAN: VEGETARIAN MEAT- BALLS NOODLES W/ MARINARA SAUCE CAULIFLOWER	3/21/19 MEATLOAF W/ GRAVY SWEET POTATOES CARROTS FRESH PEAR TAPIOCA PUDDING JELLO (DIABETIC) VEGETARIAN: CURRIED SWEET POTA- TO CASSEROLE CARROTS	3/22/19 AMERICAN GOULASH W/ TURKEY GREEN BEANS CHOPPED HONEYDEW OATMEAL COOKIE CHOCOLATE CHIP COOKIE (DIABETIC) VEGETARIAN: VEGETARIAN GOULASH GREEN BEANS
3/25/19 BEEF LASAGNA BROCCOLI GREEN APPLE CHEESECAKE CHEESECAKE (DIABETIC) VEGETARIAN: VEGETARIAN LASAGNA BROCCOLI	3/26/19 BBQ CHICKEN BAKED POTATOES CORN O'BRIEN BANANA ANGEL FOOD CAKE ANGEL FOOD CAKE (DIABETIC) APPLE JUICE VEGETARIAN: QUINOA STUFFED PEP- PERS W/ MARINARA SAUCE CORN O'BRIEN	3/27/19 BEEF STEW BISCUIT BRUSSEL SPROUTS SALAD & RANCH DRESSING CHOCOLATE CHIP COOKIE CHOCOLATE COOKIE (DIABETIC) VEGETARIAN: HUNGARIAN MUSHROOM STEW BISCUIT BRUSSEL SPROUTS	3/28/19 SWEET & SOUR CHICKEN BROWN RICE CAULIFLOWER CHOPPED CANTELOUPE VANILLA WAFERS VANILLA WAFERS (DIABETIC) VEGETARIAN: SWEET POTATO BLACK BEAN ENCHILADA CASSEROLE CAULIFLOWER	3/29/19 CRUSTED COD WITH WHITE WINE CREAM SAUCE LEMON BASIL COUS COUS GREEN BEANS MANDARIN ORANGES LEMON CAKE LEMON CAKE (DIABETIC) VEGETARIAN: EGGPLANT PARMESAN DINNER ROLL GREEN BEANS

Thomas Cuisine and Missoula Aging Services are committed to serving you quality food that tastes good. It is very important for you to let us know **within 24 hours** of your meal delivery if you have received a food item that you are medically restricted from eating, or if you have received a meal that you cannot eat (as in the case of meat that is too tough to chew, or food that has evidence of spoilage). ***MENU IS SUBJECT TO CHANGE!***

IF YOU HAVE QUESTIONS ABOUT YOUR MEAL SERVICE, OR NEED TO SUSPEND SERVICE PLEASE CALL US AT 728-7682