

MARCH 2025

TUESDAY MARCH 4

Vegetable soup
Chicken fingers with sweet
and sour sauce
Smashed potatoes
Mixed veggies

THURSDAY MARCH 6

Coleslaw
Beef pot pie
Cornbread

TUESDAY MARCH 11

Mixed green salad
Roast pork loin with
Mushroom gravy
Mashed potatoes
Turnip and carrots

THURSDAY MARCH 13

Tomato soup
Parmesan salmon with dill
sauce
Lemon potatoes
Broccoli & cauliflower

TUESDAY MARCH 18

Parmesan bowtie pasta salad
Greek style chicken over a bed
of rice
Roasted veggies

THURSDAY MARCH 20

Creamy carrot soup
Shepherds pie
Peas

TUESDAY MARCH 25

Caesar salad
Ham and cheesy macaroni
Brussels sprouts

THURSDAY MARCH 27

Coleslaw
Pork meatballs with Dianna's
sauce
Scalloped potatoes
Corn

**DESSERTS
WITH EVERY
MEAL!**

Menu items may vary on occasion due to availability
and circumstances beyond our control.

Our Programs

FROZEN

Our homestyle frozen meals can be heated in your oven or microwave so they're ready when you are!

TRANSPORTATION

We have volunteer drivers available for long distance and local trips for medical appointments, shopping or social activities. Our Mobility Van is also available for those with assistive devices.

HOUSEHOLD MANAGEMENT

We can provide assistance with routine household tasks such as meal prep, laundry, light housekeeping or small one-time chores such as yard work and snow removal.

Reheating Instructions NEVER use a toaster oven!

TO REHEAT SLIT FILM

Microwave:
2-3 min on
high

OVEN:
350 for 10 min

FROM FROZEN SLIT FILM

Microwave:
5-7 min on high

Oven:
350 for 30 min



COMMUNITY CARE
FOR CENTRAL HASTINGS

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Meals on Wheels

MARCH Menu

