

# MARCH 2025 – GLUTEN FRIENDLY MEAL #1

# MEALS ON WHEELS SAN DIEGO COUNTY

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|---|---|--|---|---|--|--|
|   |   |  |   |   | 1<br><b>Sweet &amp; Sour Chicken over Rice</b><br>Oriental Blend Veggie Peas | 2<br><b>Scrambled Eggs with Turkey Ham</b><br>Hashed Browns<br>Cinnamon Apples         |
| 3<br><b>Chicken Ranchero over Spanish Rice</b><br>Mixed Vegetables<br>Pinto Beans | 4<br><b>Beef Steak and Onion Gravy over Brown Rice</b><br>Carrots<br>Italian Vegetables | 5<br><b>Vegetable Chili</b><br>Carrots<br>Corn   | 6<br><b>Glazed Turkey Ham</b><br>Mashed Potatoes<br>Green Beans             | 7<br><b>Beef Steak and Onion Gravy over Brown Rice</b><br>Carrots<br>Italian Vegetables | 8<br><b>Turkey Pot Roast</b><br>Brown Rice<br>Broccoli<br>Carrots            | 9<br><b>BBQ Pork Riblet</b><br>Mashed Potatoes<br>Spinach                              |
| 10<br><b>Beef &amp; Cheese Enchilada</b><br>Mexi-Corn<br>Poached Pears            | 11<br><b>Chicken Fajitas</b><br>Brown Rice<br>Mexi-Corn                                 | 12<br><b>Pepper Steak in Gravy</b><br>County Style<br>Hashed Browns<br>Carrots           | 13<br><b>Mandarin Chicken over Brown Rice</b><br>Oriental Blend Veggie Peas | 14<br><b>Beef Burgundy</b><br>Mashed Potatoes<br>Carrots                                | 15<br><b>BBQ Chicken &amp; Rice</b><br>Mashed Potatoes<br>Spinach            | 16<br><b>Scrambled Eggs with Turkey Ham</b><br>Hashed Browns<br>Cinnamon Apples        |
| 17<br><b>Turkey Enchilada Casserole</b><br>Pinto Beans<br>Mexi-Corn               | 18<br><b>Salisbury Steak with Gravy</b><br>Peas<br>Carrots                              | 19<br><b>Sweet &amp; Sour Chicken over Rice</b><br>Oriental Blend Veggie Peas            | 20<br><b>Beef Stew</b><br>Potatoes<br>Carrots                               | 21<br><b>Chicken Ranchero over Spanish Rice</b><br>Mixed Vegetables<br>Pinto Beans      | 22<br><b>Cheese Enchiladas</b><br>Mexi-Corn<br>Peas                          | 23<br><b>Turkey Pot Roast</b><br>Brown Rice<br>Broccoli<br>Carrots                     |
| 24<br><b>Beef &amp; Cheese Enchilada</b><br>Mexi-Corn<br>Poached Pears            | 25<br><b>Chicken Fajitas</b><br>Brown Rice<br>Mexi-Corn                                 | 26<br><b>Beef Steak and Onion Gravy over Brown Rice</b><br>Carrots<br>Italian Vegetables | 27<br><b>Mandarin Chicken over Brown Rice</b><br>Oriental Blend Veg. Peas   | 28<br><b>Beef Burgundy</b><br>Mashed Potatoes<br>Carrots                                | 29<br><b>BBQ Pork Riblet</b><br>Mashed Potatoes<br>Spinach                   | 30<br><b>Chicken Enchilada</b><br>Corn Tortilla<br>Refried Beans<br>Peas & Red Peppers |
| 31<br><b>Beef Stew</b><br>Potatoes<br>Carrots                                     |   |  |   |   |  |  |