

MARCH 2025 – RENAL FRIENDLY MEAL #1

MEALS ON WHEELS SAN DIEGO COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Turkey Noodle Casserole Mixed Vegetables Broccoli	2 Chicken Fettuccini in Alfredo Sauce Peas Carrots
3 Pasta Shells & Meat Sauce Italian Blend Veggies Corn	4 Turkey & Gravy Spinach Mashed Potatoes	5 Teriyaki Meatballs over Brown Rice Green Beans w/ Mushrooms	6 Turkey Noodle Casserole Mixed Vegetables Broccoli	7 Chicken Gordon Blue over Brown Rice California Blend Veggies Corn	8 Swiss Steak w/ Gravy Sweet Potato Collard Greens	9 Chicken Breast in Green Chili Cream Sauce over Brown Rice Refried Beans Chuckwagon Corn
10 Macaroni & Meat Casserole Succotash Broccoli	11 Chicken Fettuccini in Alfredo Sauce Peas Carrots	12 Beef Burgundy Mashed Potatoes Carrots	13 Swiss Steak w/ Gravy Sweet Potato Collard Greens	14 Cheese Cannelloni Kidney Beans Italian Green Beans	15 Swedish Meatballs over Egg Noodles Mixed Vegetables Lima Beans	16 Chicken & Gravy over Mixed Rice Spinach Apple Betty
17 Pasta Shells & Meat Sauce Italian Blend Veggies Corn	18 Teriyaki Chicken over Brown Rice Peas Creamed Corn	19 Spaghetti & Meat Sauce Peas Asian Blend Veggies	20 Chicken Fettuccini in Alfredo Sauce Peas Carrots	21 Beef Burgundy Mashed Potatoes Carrots	22 Salisbury Steak & Gravy Potatoes O'Brien Black Eyed Peas	23 Macaroni & Meat Casserole Succotash Broccoli
24 Swiss Steak w/ Gravy Sweet Potato Collard Greens	25 Pasta Shells & Meat Sauce Italian Blend Veggies Corn	26 Sweet & Sour Chicken over Brown Rice Asian Blend Veggies Peas	27 Chicken Cordon Blue over Brown Rice California Blend Veggies Corn	28 Beef Burgundy Mashed Potatoes Carrots	29 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	30 Chicken Breast in Green Chili Cream Sauce over Brown Rice Refried Beans Chuckwagon Corn
31 Chicken Chow Mein over Brown Rice Asian Blend Veggies Corn						