

MARCH 2025 – PLANT-BASED VEGETARIAN ENTRÉE

MEALS ON WHEELS SAN DIEGO COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Barbeque Chicken over Brown Rice Sweet Potatoes Spinach	2 Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots
3 Rotini & Meat Sauce Italian Green Beans Cauliflower	4 Fish Fillet Mashed Potatoes Mixed Vegetables	5 Teriyaki Meatballs over Brown Rice Green Beans Carrots	6 Chicken Noodle Casserole Spinach Broccoli	7 Lasagna with Meat Sauce Italian Green Beans Corn	8 Fish Fillet Cannelloni Beans Mixed Vegetables	9 Sweet & Sour Chicken over Brown Rice Asian Blend Veggies Peas
10 Macaroni & Meat Casserole Succotash Broccoli	11 Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	12 Beef Burgundy over Noodles Carrots Cannelloni Beans	13 Chicken Curry over Brown Rice Mixed Vegetables Cauliflower	14 Cheese Cannelloni Kidney Beans Italian Green Beans	15 Swedish Meat Balls over Egg Noodles Spinach Carrots	16 Chicken & Gravy Sweet Potatoes Scandinavian Blend Veggies
17 Vegetarian Spinach Lasagna Lima Beans Carrots	18 Battered Fish Fillet over Brown Rice Corn Green Beans	19 Spaghetti & Meat Sauce Peas Corn	20 Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	21 Beef Burgundy over Noodles Carrots Cannelloni Beans	22 Roast Beef & Gravy Mashed Potatoes Collard Greens	23 Macaroni & Meat Casserole Succotash Broccoli
24 Chick'n & Cheese Macaroni Casserole Spinach Corn	25 Fish Fillet Cannelloni Beans Mixed Vegetables	26 Cheese Cannelloni Kidney Beans Italian Green Beans	27 Beef Stroganoff over Egg Noodles Peas Carrots	28 Beef Burgundy Mashed Potatoes Green Beans	29 Sweet & Sour Chicken over Brown Rice Asian Blend Veggies Peas	30 Vegetarian Spinach Lasagna Carrots Lima Beans
31 Chicken Chow Mein over Brown Rice Peas Corn						