



March 2025 Meals on Wheels & Senior Café

Meals on Wheels—Please remember to cancel your meal 24 hours in advance of any appointments, etc.

Sylva 631-8044

Cashiers 745-6856

Senior Café—Reservations & Cancellations required by 3pm one day in advance

Sylva 631-8045

Cashiers 745-6856



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 Hamburger Steak w/Gravy Green Beans Potato Salad Baked Apples Roll Milk | 4 Turkey Pot Pie Long Grain White Rice Fried Okra Banana Roll Milk | 5 Rstd Chicken Breast Black Eyed Peas Baked Mac n Cheese Mandarin Oranges Roll Milk | 6 BBQ Glazed Meatloaf Egg Noodles Peas Carrots Roll Fresh Fruit Milk | 7 Breaded Pork Chop Macaroni & Cheese Brussel Sprouts Fruit Cup Roll Milk |
| 10 Chicken Thighs Home Fries Turnip Green Mandarin Oranges Cornbread Milk | 11 Roasted Pork Loin w/Gravy Lima Beans Honey Glazed Carrots Cornbread Milk Fresh Apple | 12 Beef Frito Pie Spanish Rice Fiesta Veggie Blend Fresh Banana Milk | 13 Chicken & Dumplings Green Beans Maple Glazed Carrots Sliced Peaches Biscuit Milk | 14 Beef Tips w/Gravy Rice Pilaf Broccoli Carrot cake w/Frosting Roll Milk |
| 17 Shepherd's Pie Spinach Strwbry Salad Glazed Baby Carrots Stewed Apples Texas Toast Milk | 18 Country Fried Chicken Mashed Potatoes Green Beans Spiced Apples Roll Milk | 19 Baked Pork Chop Glazed Baby Carrots Squash Casserole Creamy Coleslaw Roll Pound Cake Grapes Milk | 20 Spaghetti w/Meat Sauce Zucchini Carrots Banana Pudding Garlic Breadstick Milk | 21 Black Eyed Peas Collard Greens Baked Sweet Potato Cornbread Banana Snickerdoodle Milk |
| 24 Swedish Meatballs w/Gravy Egg Noodles Tossed Salad Corn Roll Milk Blueberry Crisp | 25 BBQ Pork Sandwich/Bun Corn O'Brien Coleslaw Cinnamon Apples Milk | 26 Chicken Tenders Cauliflower AuGratin Green Beans Roll Milk Banana | 27 Bkd Turkey Breast Oven Roasted Potatoes CA Veggie Blend Fruit Cocktail Cookie Milk Roll | 28 Crab Cakes & Corn Ratatouille Blueberry Cobbler Banana Milk |
| 31 Fried Catfish Baked Potato Warm Beets Fresh Orange Milk Hushuppies | | | | |