

March 2024 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
			<p>Sunday, March 31, is Easter</p> 	<p>1 Black Eyed Peas Collard Greens Baked Sweet Potato Cornbread Banana Snickerdoodle Milk</p>
<p>4 Turkey Pot Pie Long Grain White Rice Fried Okra Banana WW Roll Milk</p>	<p>5 Hamburger Steak/Gvy Green Beans Potato Salad Baked Apples WW Roll Milk</p>	<p>6 Rstd Chicken Breast Black Eyed Peas Baked Mac n Cheese Mandarin Oranges WW Roll Milk</p>	<p>7 Roasted Pork Loin w/Gravy Lima Beans Honey Glazed Carrots Cornbread Milk Fresh Apple</p>	<p>8 Beef Frito Pie Spanish Rice Fiesta Veggie Blend Fresh Banana Milk</p>
<p>11 Braised Liver & Onions Mashed Potatoes Capri Veggie Blend Mandarin Oranges Biscuit Milk</p>	<p>12 Breaded Pork Chop Macaroni & Cheese Brussel Sprouts Fruit Cup WW Roll Milk</p>	<p>13 Glazed Meatloaf Egg Noodles Green Peas Carrots Roll Fresh Fruit Milk Cookie</p>	<p>14 Crab Cake Corn Ratatouille Blueberry Cobbler Banana Milk</p>	<p>15 Chicken & Dumplings Green Beans Maple Glazed Carrots Sliced Peaches Biscuit Milk</p>
<p>18 Shepherd's Pie Spinach Strwbry Salad Glazed Baby Carrots Stewed Apples Texas Toast Milk</p>	<p>19 Swedish Meatballs w/gravy Egg Noodles Tossed Salad/drsg Corn Roll Milk Blueberry Crisp</p>	<p>20 Chicken Tenders Cauliflower AuGratin Green Beans WW Roll Milk Banana</p>	<p>21 Bkd Turkey Breast Oven Roasted Potatoes CA Veggie Blend Fruit Cocktail Cookie Milk Roll</p>	<p>22 Spaghetti w/Meat Sauce Zucchini Carrots Banana Pudding Garlic Breadstick Milk</p>
<p>25 Fried Catfish Baked Potato Warm Beets Fresh Orange Milk Hushpuppies</p>	<p>26 Country Fried Chicken Mashed Potatoes Green Beans Spiced Apples WW Roll Milk</p>	<p>27 Baked Pork Chop Baby Carrots Squash Casserole Creamy Coleslaw WW Roll Pound Cake Grapes Milk</p>	<p>28 Chicken Thighs Home Fries Turnip Green Mandarin Oranges Cornbread Milk</p>	<p>29 CLOSED</p> 