

Meals on Wheels of Metro Tulsa
 (918) 627-4103
March 2023 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons</p>		<p>1 Breaded Chicken w/ Gravy Oven Roasted Potatoes Green Beans & Carrots</p>	<p>2 Cajun Meatloaf Chuckwagon Corn Cauliflower</p>	<p>3 Turkey Pastrami Roasted Sweet Potatoes Capri Vegetables</p>	<p>4 Chicken Nuggets Lentils Diced Beets</p>	<p>5 Parmesan Beef Patty Lima Beans California Vegetables</p>
<p>6 Chicken Fajita Pinto Beans Mexican Style Tomatoes</p>	<p>7 Fish Nuggets Whole Kernel Corn Spring Vegetables</p>	<p>8 Beef Stroganoff Broccoli Parslied Carrots</p>	<p>9 Herbed Pork Lion Scalloped Potatoes Green Peas</p>	<p>10 Breaded Chicken Patty Whipped Potatoes Lemon Brussels Sprouts</p>	<p>11 Salisbury Beef & Gravy Seasoned Cubed Potatoes Green Beans</p>	<p>12 Chicken Piccata Whole Kernel Corn Diced Beets</p>
<p>13 Balsamic Brown Sugar Beef Lentils Broccoli</p>	<p>14 Italian Shells & Cheese Green Peas Sliced Carrots</p>	<p>15 Lemon Butter Chicken Green Peas Sliced Carrots</p>	<p>16 Turkey Breast w/ Gravy Mashed Spiced Yams Green Beans</p>	<p>17 Beef Enchilada Pie Hominy Summer Vegetables</p>	<p>18 Chicken Nuggets Mixed Beans Stewed Tomatoes</p>	<p>19 Cheese Omelet Hash browns Spinach</p>
<p>20 Ham, Red Beans, & Rice Black-Eyed Peas Medley Cabbage</p>	<p>21 Spinach Lasagna Capri Vegetables Broccoli</p>	<p>22 Polish Pork Sausage Mixed Beans Catalina Vegetables</p>	<p>23 Parmesan Chicken Lima Beans Diced Beets</p>	<p>24 Swiss Steak Garlic Whipped Potatoes Cauliflower</p>	<p>25 Baked Chicken w/ Gravy Roasted Sweet Potatoes Cauliflower</p>	<p>26 Beef w/ Onion Gravy Green Peas Spinach</p>
<p>27 Turkey Tetrizzini Broccoli Glazed Carrots</p>	<p>28 Breaded Fish Green Peas Stewed Tomatoes</p>	<p>29 Oven Fried Chicken Chuckwagon Corn Cauliflower</p>	<p>30 Beef Chili w/ Beans Oven Roasted Potatoes Spinach</p>	<p>31 Beef Taco Black Beans Glazed Carrots</p>		

Meals on Wheels of Metro Tulsa
(918) 627-4103


March 2023 Menu-Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons</p>		<p>1 Breaded Chicken w/ Gravy Oven Roasted Potatoes Green Beans & Carrots</p>	<p>2 Vegetarian Chili Chuckwagon Corn Cauliflower</p>	<p>3 Turkey Pastrami Roasted Sweet Potatoes Capri Vegetables</p>	<p>4 Chicken Nuggets Lentils Diced Beets</p>	<p>5 Marinara Veggie Meatballs Lima Beans California Vegetables</p>
<p>6 Chicken Fajita Pinto Beans Mexican Style Tomatoes</p>	<p>7 Bean & Cheese Burrito Whole Kernel Corn Spring Vegetables</p>	<p>8 Macaroni & Cheese Broccoli Parslied Carrots</p>	<p>9 Broccoli Strata Scalloped Potatoes Green Peas</p>	<p>10 Breaded Chicken Patty Whipped Potatoes Lemon Brussels Sprouts</p>	<p>11 Garden Burger w/ Gravy Seasoned Cubed Potatoes Green Beans</p>	<p>12 Chicken Piccata Whole Kernel Corn Diced Beets</p>
<p>13 Vegetarian Sausage Patties Lentils Broccoli</p>	<p>14 Italian Shells & Cheese Green Peas Sliced Carrots</p>	<p>15 Lemon Butter Chicken Green Peas Sliced Carrots</p>	<p>16 Turkey Breast w/ Gravy Mashed Spiced Yams Green Beans</p>	<p>17 Bean Tamale Pie Hominy Summer Vegetables</p>	<p>18 Chicken Nuggets Mixed Beans Stewed Tomatoes</p>	<p>19 Cheese Omelet Hash browns Spinach</p>
<p>20 Red Beans & Rice Black-Eyed Peas Medley Cabbage</p>	<p>21 Spinach Lasagna Capri Vegetables Broccoli</p>	<p>22 Cheese Omelet Mixed Beans Catalina Vegetables</p>	<p>23 Parmesan Chicken Lima Beans Diced Beets</p>	<p>24 Broccoli Cheese Bake Garlic Whipped Potatoes Cauliflower</p>	<p>25 Baked Chicken w/ Gravy Roasted Sweet Potatoes Cauliflower</p>	<p>26 Vegetarian Sausage Patties Green Peas Spinach</p>
<p>27 Turkey Tetrazzini Broccoli Glazed Carrots</p>	<p>28 Broccoli Strata Green Peas Stewed Tomatoes</p>	<p>29 Oven Fried Chicken Chuckwagon Corn Cauliflower</p>	<p>30 Mixed Bean Chili Oven Roasted Potatoes Spinach</p>	<p>31 Vegetarian Taco Black Beans Glazed Carrots</p>		

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March 2023 Menu-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons</p>		<p>1 Corn Chowder Oven Roasted Potatoes Green Beans & Carrots</p>	<p>2 Vegetarian Chili Chuckwagon Corn Cauliflower</p>	<p>3 Broccoli Cheese Bake Roasted Sweet Potatoes Capri Vegetables</p>	<p>4 Cheese Omelet Lentils Diced Beets</p>	<p>5 Marinara Veggie Meatballs Lima Beans California Vegetables</p>
<p>6 Vegetarian Taco Pinto Beans Mexican Style Tomatoes</p>	<p>7 Bean & Cheese Burrito Whole Kernel Corn Spring Vegetables</p>	<p>8 Macaroni & Cheese Broccoli Parslied Carrots</p>	<p>9 Broccoli Strata Scalloped Potatoes Green Peas</p>	<p>10 Spinach & Mushroom Quiche Whipped Potatoes Lemon Brussels Sprouts</p>	<p>11 Garden Burger w/ Gravy Seasoned Cubed Potatoes Green Beans</p>	<p>12 Cheese Enchiladas Whole Kernel Corn Diced Beets</p>
<p>13 Vegetarian Sausage Patties Lentils Broccoli</p>	<p>14 Italian Shells & Cheese Green Peas Sliced Carrots</p>	<p>15 Lentil Stew Green Peas Sliced Carrots</p>	<p>16 Veggie Meatballs w/ Gravy Mashed Spiced Yams Green Beans</p>	<p>17 Bean Tamale Pie Hominy Summer Vegetables</p>	<p>18 Garlic Parmesan Couscous Mixed Beans Stewed Tomatoes</p>	<p>19 Cheese Omelet Hash browns Spinach</p>
<p>20 Red Beans & Rice Black-Eyed Peas Medley Cabbage</p>	<p>21 Spinach Lasagna Capri Vegetables Broccoli</p>	<p>22 Cheese Omelet Mixed Beans Catalina Vegetables</p>	<p>23 Spaghetti Torte Lima Beans Diced Beets</p>	<p>24 Broccoli Cheese Bake Garlic Whipped Potatoes Cauliflower</p>	<p>25 Veggie Meatballs w/Gravy Roasted Sweet Potatoes Cauliflower</p>	<p>26 Vegetarian Sausage Patties Green Peas Spinach</p>
<p>27 Macaroni & Cheese Broccoli Glazed Carrots</p>	<p>28 Broccoli Strata Green Peas Stewed Tomatoes</p>	<p>29 Lentil Stew Chuckwagon Corn Cauliflower</p>	<p>30 Mixed Bean Chili Oven Roasted Potatoes Spinach</p>	<p>31 Vegetarian Taco Black Beans Glazed Carrots</p>	