




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

March 2025 Menu-Regular

****MENU SUBJECT TO CHANGE****



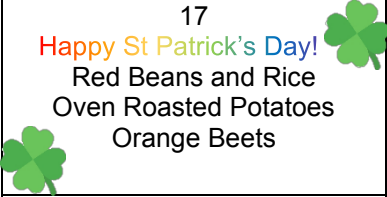

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Bruschetta Chicken Meatballs Lima Beans Diced Beets	4 Beef with Country Gravy Whipped Potatoes Squash/Zucchini/Tomatoes	5 French toast sticks Hashbrown patty Canadian Bacon	6 Chicken Alfredo Herbed Green Beans Cauliflower	7 Homestyle Pork Roast* Confetti Rice Brussels Sprouts
10 Ham, Red Beans and Rice* Black-Eyed Peas Medley Cabbage	11 Spinach Macaroni Dilled Carrots Country Tomatoes	12 Sausage/Egg/Cheese Breakfast Hash browns Biscuit	13 Rosemary Pork* Mixed Beans Catalina Vegetables	14 Swiss Steak Garlic Whipped Potatoes Herbed Green Beans
17 Happy St Patrick's Day!  Lemon Buter Chicken Oven Roasted Potatoes Orange Beets 	18 Beef Enchilada Pie Confetti Brown Rice Summer Vegetables	19 Chicken Biscuit Hashbrown Patty Spinach	20 Turkey Breast with Gravy Whipped Sweet Potatoes Green Beans	21 Balsamic Glazed Beef Lentils Broccoli
24 Macaroni and Cheese Green Peas California Vegetables	25 Turkey and Dumplings Pinto Beans Diced Beets	26 Cheese Omelet Hashbrown Patty Stewed Tomatoes	27 Rosemary Chicken Cheesy Brown Rice Green Beans	28 Lemon Pepper Pollock Pasta Florentine Dilled Carrots
31 Beef Pepper Steak Mixed Beans Lemon Zest Broccoli				*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

Meals on Wheels of Metro Tulsa

(918) 627-4103

March 2025 Menu-Vegetarian

****MENU SUBJECT TO CHANGE****






Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Eggplant Parmesan Lima Beans Diced Beets	4 Vegetarian Chili Whipped Potatoes Squash/Zucchini/Tomatoes	5 French toast sticks Hashbrown patty Veggie Sausage	6 Spaghetti Torte Herbed Green Beans Cauliflower	7 Lemony Chickpea Stir-Fry Confetti Rice Brussels Sprouts
10 Veggie Sausages Black-Eyed Peas Medley Cabbage	11 Spinach Macaroni Dilled Carrots Country Tomatoes	12 Pepper/Egg/Cheese Breakfast Hash browns Biscuit	13 Cheese Omelet Mixed Beans Catalina Vegetables	14 Broccoli Strata Garlic Whipped Potatoes Herbed Green Beans
17 Happy St Patrick's Day!  Red Beans and Rice Oven Roasted Potatoes Orange Beets	18 Bean Tamale Pie Confetti Brown Rice Summer Vegetables	19 Egg Patty w/Cheese Hashbrown Patty Spinach	20 White Bean Chili Whipped Sweet Potatoes Green Beans	21 Spinach Macaroni Lentils Broccoli
24 Macaroni and Cheese Green Peas California Vegetables	25 Cheese Enchiladas Pinto Beans Diced Beets	26 Cheese Omelet Hashbrown Patty Stewed Tomatoes	27 White Bean Chili Cheesy Brown Rice Green Beans	28 Lentil Stew Pasta Florentine Dilled Carrots
31 Alfredo Veggie Meatballs Mixed Beans Lemon Zest Broccoli				*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

Meals on Wheels of Metro Tulsa

(918) 627-4103

March 2025 Menu-Poultry-Vegetarian

****MENU SUBJECT TO CHANGE****

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Bruschetta Chicken Meatballs Lima Beans Diced Beets	4 Vegetarian Chili Whipped Potatoes Squash/Zucchini/Tomatoes	5 French toast sticks Hashbrown patty Veggie Sausage	6 Chicken Alfredo Herbed Green Beans Cauliflower	7 Lemony Chickpea Stir-Fry Confetti Rice Brussels Sprouts
10 Breaded Chicken w/Gravy Black Eyed Peas Cabbage	11 Spinach Macaroni Dilled Carrots Country Tomatoes	12 Pepper/Egg/Cheese Breakfast Hash browns Biscuit	13 Chicken and Rice Casserole Catalina Vegetables Mixed Beans	14 Broccoli Strata Garlic Whipped Potatoes Herbed Green Beans
17 Happy St Patrick's Day!  Lemon Buter Chicken Oven Roasted Potatoes Orange Beets 	18 Bean Tamale Pie Confetti Brown Rice Summer Vegetables	19 Chicken Biscuit Hashbrown Patty Spinach	20 Turkey Breast with Gravy Whipped Sweet Potatoes Green Beans	21 Spinach Macaroni Lentils Broccoli
24 Macaroni and Cheese Green Peas California Vegetables	25 Turkey and Dumplings Pinto Beans Diced Beets	26 Cheese Omelet Hashbrown Patty Stewed Tomatoes	27 Rosemary Chicken Cheesy Brown Rice Green Beans	28 Lentil Stew Pasta Florentine Dilled Carrots
31 Alfredo Veggie Meatballs Mixed Beans Lemon Zest Broccoli				*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