






Nourishing Home, Health & Heart

La Habra Meals on Wheels

Senior Lunch Menu – March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Salad San WW Bread Broccoli & Bean Salad Fresh Fruit Spinach & Mushroom Quiche Sweet Potatoes Broccoli Pineapple Chunks
4	5	** 6 **	7	** 8 **
Roasted Turkey San WW Bread [Mayo] Carrot Raisin Salad Fresh Fruit Shredded Pork w/ Chile Verde Sauce Spanish Rice Pinto Beans Diced Peaches	Egg Salad / WW Bun Baked Chips Fresh Fruit Chicken w/Peas & Potatoes in Coconut Curry Sauce Brown Rice California Vegetable Blend Diet Pudding	Ash Wednesday Crab Salad Bow Tie Pasta Salad WW Bread Fresh Fruit Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Ambrosia	Chicken Breast Broccoli Slaw WW Bread [Mayo] Fresh Fruit Baked Meatloaf w/Brown Gravy Sweet Mashed Potatoes Italian Vegetable Blend Fruited Gelatin	National Nutrition Month Celebration Quinoa Salad w/ Chicken Strips Tomato & Zucchini Salad WW Bread Fresh Fruit Baked Salmon w/Herb Sauce Rice Pilaf Chef Cut Vegetables Tropical Fruit
11	12	13	14	** 15 **
Tuna & Pasta Salad Carrot Raisin Salad WW Bread Fresh Fruit Hot Turkey w/Turkey Gravy Mashed Potatoes Carrot Coins Diet Pudding	Meat Loaf San on WW Bun [Mayo] Coleslaw Fresh Fruit Chicken Strips w/ Fajita Vegetables Spanish Rice Pinto Beans SF Egg Custard	Beef & Barley Salad WW Bread Baby Spinach Fresh Fruit Baked Ziti Italian Vegetable Blend Broccoli Ambrosia	Turkey Sandwich WW Bread [Mayo] Carrot Raisin Salad Fresh Fruit Egg Noodles w/Beef Stroganoff Sauce Peas & Carrots SF Cake	St. Patrick's Celebration Chicken Fiesta Salad Orange and Beet Salad WW Bread Fresh Fruit Corned Beef & Cabbage Whole Baby Potatoes Carrot Coins Diet Pistachio Pudding
18	19	20	21	22
Turkey & Swiss on WW Bread [Mayo] Cucumber with Black-eyed Pea Salad Fresh Fruit Orange Glazed Chicken w/Orange Sauce Brown Rice Broccoli SF Egg Custard	Mediterranean Tuna Salad Lemon & Tomato Pasta Salad WW Bread Fresh Fruit Mexican Fiesta Beef Casserole Spanish Rice Pinto Beans Diet Pudding	Thai Chicken Salad w/ Thai Dressing Confetti Rice Salad WW Bread Fresh Fruit Pasta Primavera w/ Alfredo Sauce & Cheese Broccoli Carrot Coins SF Fruit Crisp	Egg Salad San on WW Bun Zucchini Salad Fresh Fruit Chicken w/Florentine Sauce on Bow-Tie Pasta Italian Vegetable Blend SF Cookies	BBQ Chicken San WW Bun Carrot Raisin Salad Fresh Fruit Baked Meatloaf w/ Mushroom Gravy Sweet Potatoes Spinach Diced Pears
25	26	27	28	29
Roast Beef San WW Bread [Mustard] Cucumber Salad Fresh Fruit Grilled Chicken w/ Lemongrass Sauce Rice Carrot Coins Mandarin Oranges	Chicken Breast Potato Salad WW Bread [Mayo] Fresh Fruit Penne Pasta w/Beef Bolognese Sauce Italian Vegetable Blend SF Fruit Crisp	Turkey Salad San WW Bread 3 Bean Salad Fresh Fruit Chicken Enchilada Casserole Spanish Rice Mixed Vegetables Ambrosia	Egg Salad Tomato & Onion Salad WW Crackers Fresh Fruit Pork Tenderloin w/ Apricot Sauce Baby Baker Potatoes Broccoli SF Cake	Greek Salad w/ Beef Strips WW Roll Fresh Fruit Mrs. Friday's Fish Sweet Potatoes Winter Vegetable Blend Apricots