

# MEALS ON WHEELS

## MARCH 2023 VEGETARIAN MENU

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.  
 Call or Text 888.869.6325 Online [www.mownct.org/cancel-my-meal](http://www.mownct.org/cancel-my-meal)

<p>11</p> 	<p>12</p> 	<p>1</p> <p>Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>2</p> <p>Meatless Ground Beef &amp; Pasta Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>3</p> <p>Macaroni &amp; Cheese Green Beans Carrots WG Roll Margarine Raisins</p>
<p>6</p> <p>Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Orange Juice</p>	<p>7</p> <p>Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice</p>	<p>8</p> <p>Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>	<p>9</p> <p>Macaroni &amp; Cheese Carrots Green Beans WG Bread Margarine Pineapples</p>	<p>10</p> <p>Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>13</p> <p>Black Beans w/ Rice &amp; Corn Parslied Carrots WG Bread Margarine Peach Cup</p>	<p>14</p> <p>Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>15</p> <p>Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>16</p> <p>Meatless Ground Beef &amp; Pasta Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>17</p> <p>Macaroni &amp; Cheese Green Beans Carrots WG Roll Margarine Raisins</p> 
<p>20</p> <p>Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Orange Juice</p>	<p>21</p> <p>Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice</p>	<p>22</p> <p>Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>	<p>23</p> <p>Macaroni &amp; Cheese Carrots Green Beans WG Bread Margarine Pineapples</p>	<p>24</p> <p>Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>27</p> <p>Black Beans w/ Rice &amp; Corn Parslied Carrots WG Bread Margarine Peach Cup</p>	<p>28</p> <p>Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>29</p> <p>Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>30</p> <p>Meatless Ground Beef &amp; Pasta Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>31</p> <p>Macaroni &amp; Cheese Green Beans Carrots WG Roll Margarine Raisins</p>

All meals served with 1% low-fat white or non-fat chocolate milk. WG = Whole Grain; WW = Whole Wheat