



Meals on Wheels for Western New York Menu March 2019



MENU may change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	IMPORTANT MESSAGE
<p>Special Diet meals may be different than stated on the menu to meet diet requirements. The regular menu is listed here. If you are on a special diet and have specific questions, please contact the Nutrition Department at 822-2002. We can inform you if there are any menu changes for the day.</p>				<p>1 Breaded Fish /German Potato Salad/Cornbread (59g CHO) Cottage Cheese w/ Pineapple/ Crackers/ Multigrain Bread (31g CHO)</p>	<p>The winter months are almost over, but we still could have bad weather. Everyone at Meals on Wheels will do our best to bring you meals every day.</p> <p>If winter weather conditions reach blizzard proportions and driving is dangerous or a snow emergency has been declared the Agency may have to close. Please listen carefully to your radio and television stations for the possible cancellation of service.</p> <p>Television: Ch. 7 WKBW; Ch. 4 WIVB, Ch. 2 WGRZ</p> <p>Be sure you listen/look for the words “MEALS ON WHEELS FOR WESTERN NEW YORK” because other home delivered meal programs may cancel their service.</p> <p>The <u>Meals on Wheels for Western New York</u> main office number is 822-2002. We will make every effort to have staff here to answer your calls.</p> <p>Here is a list of things to help you get ready for winter weather:</p> <p>Please be sure you have a <u>one week</u> supply of food on hand in case we are unable to deliver meals to you.</p> <p>When it is storming outside, listen to the radio and TV for closings. If severe weather has caused area closings DO NOT ASSUME that the agency is also closed.</p> <p>Make plans to have someone clean your sidewalk and driveway of snow and ice. Meal delivery IS NOT guaranteed if walkways are unsafe. The homeowner is responsible if a volunteer falls.</p> <p>Make sure you have <u>new batteries</u> in your radio. In the event you temporarily lose power, listen to the radio for weather closings and other important news.</p>
<p>4 Beef Stew/ Mashed Potato (36g CHO) Chicken Breast/ Rye Bread (34g CHO)</p>	<p>5 Buffalo Style Breaded Chicken Breast/Fiesta Corn (32g CHO) Ham/ White Bread/ Coleslaw (33g CHO)</p>	<p>6 Ash Wednesday Macaroni & Cheese/Diced Beets/Peas (48g CHO) Two Hardboiled Eggs/ Wheat Hamburger Roll/ (26g CHO)</p>	<p>7 Roast Pork w/ Cinnamon Apples/ Mashed Potatoes/ (24g CHO) Turkey/White Hamburger Roll (27g CHO)</p>	<p>8 Lenten Meal 3 Stuffed Shells w/ Tomato Sauce (50g CHO) Yellow American Cheese/Wheat Bread (26g CHO)</p>	
<p>11 Turkey Ala King/ Mashed Potatoes/Corn/ (51g CHO) Ham/ Multigrain Bread (40g CHO)</p>	<p>12 Ham & Scalloped Potatoes/Peas/Rye Bread (55g CHO) Two Hardboiled Eggs/ Wheat Bread (21g CHO)</p>	<p>13 Roast Beef/Gravy/Sweet Potatoes/Spiced Apples (73g CHO) Chicken Breast/ Wheat Hamburger Roll (24g CHO)</p>	<p>14 St. Patrick’s Day Beef Rice Patty/ Creamed Cabbage/Parlsied Potatoes (22g CHO) Turkey/Wheat Bread/St. Patrick’s Day Dessert (42g CHO)</p>	<p>15 Lenten Meal Baked Salmon/Rice Pilaf/Cornbread (26g CHO) Peanut Butter /Jelly/White Bread (37g CHO)</p>	
<p>18 Italian Sausage/Peppers & Onions/Red Potatoes/ (13g CHO) White American Cheese / Wheat Bread (22g CHO)</p>	<p>19 Meatloaf/Gravy/ Mashed Potato (33g CHO) Turkey/ Wheat Bread/ Carrot Raisin Salad (36g CHO)</p>	<p>20 Chili Con Carne/White Rice (35g CHO) Sliced Ham/ Multigrain Bread/ Coleslaw (53g CHO)</p>	<p>21 Veal Parmesan/ Tomato Sauce (17g CHO) Chicken Breast/ Rye Bread/ (34g CHO)</p>	<p>22 Lenten Meal Baked Fish/Lemon Cream Sauce/ Sweet Potatoes/ Peas (50g CHO) Two Hardboiled Eggs/ Wheat Bread/ Macaroni Salad (41g CHO)</p>	
<p>25 Pork Ribette/BBQ Sauce/Cheesy Mashed Potatoes/Corn (52g CHO) Two Hardboiled Eggs/ Wheat Bread (21g CHO)</p>	<p>26 Beef Stew/Brussel Sprouts/Biscuit (39g CHO) Turkey/ Rye Bread (34g CHO)</p>	<p>27 Sloppy Joe/ Broccoli Cheese Soup/Wheat Hamburger Roll (47g CHO) Chicken Breast/ Italian Bread/ Potato Salad (48g CHO)</p>	<p>28 Roast Turkey/ Gravy/ Mashed Potato/ Peas & Carrots (35g CHO) Meatloaf/ Wheat Bread (22g CHO)</p>	<p>29 Lenten Meal Breaded Fish/Tartar Sauce/ Macaroni & Cheese (36g CHO) Peanut Butter & Jelly White Bread (37g CHO)</p>	

The essential work done by Meals on Wheels for Western New York is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the U.S. Department of Health and Human Services, New York State Office for the Aging and Erie County’s Departments of Senior Services and Social Services. For more information, visit www.mealsonwheelswny.org.

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