

The Food Bank & Meals on Wheels are now Feed More wny

MENU may change without notice. Special Diet meals may be different than stated on the menu to meet dietary requirements. **If you have questions about your diet or need to cancel your meals, please call (716) 822-2002 by 2:00 pm the day prior to delivery.**

The essential work done by FeedMore WNY 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.feedmorewny.org.

March 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Hot Meal: 3 oz. Meatballs with Tomato Sauce, Cauliflower, Seasoned Spinach Cold Meal: Cooked Chicken Breast, Rye Bread	Hot Meal: Buffalo-style Breaded Chicken Breast, Fiesta Corn, Broccoli Cold Meal: Ham with White Bread	Hot Meal: 8 oz. Beef Stew, Mashed Potatoes, Vegetable in Stew Cold Meal: Turkey with White Hamburger Roll	Hot Meal: Sliced Roast Turkey with Gravy, Mashed Sweet Potatoes, Peas Cold Meal: Egg Salad with Wheat Hamburger Roll	Hot Meal: Macaroni and Cheese, Stewed Tomatoes, Green Beans Cold Meal: Tuna Salad with Wheat Bread, Coleslaw with Carrots
9	10	11	12	13
Hot Meal: Turkey a la King, Mashed Potatoes, Carrots Cold Meal: Sliced Ham, Multigrain Bread	Hot Meal: Ham Steak with Maple Glaze, Scalloped Potatoes, Corn Cold Meal: Egg Salad with White Bread	Hot Meal: Sliced Roast Beef with Onion Gravy, Sweet Potatoes, Brussels Sprouts Cold Meal: Cooked Chicken Breast with White Bread	Hot Meal: Boneless Breaded Chicken Breast with Tomato Sauce, Wax Beans, Peas Cold Meal: Peanut Butter and Jelly with Wheat Bread	Hot Meal: Baked Salmon with Pineapple Salsa, Rice Pilaf, Broccoli Cold Meal: Tuna Macaroni Salad with White Bread
16	17 St. Patrick's Day	18	19 Welcome Spring	20
Hot Meal: Italian Sausage with Peppers, Onions and Tomato Sauce, Roasted Red Potatoes, Mixed Vegetables Cold Meal: Cooked Chicken Breast, Wheat Bread	Hot Meal: Roast Beef with Creamy Cabbage, Parslied Whole Red Potatoes, Carrots Cold Meal: White American Cheese with White Bread	Hot Meal: Boneless Chicken Breast with Lemon Herb Sauce, Sweet Potatoes, Peas Cold Meal: Ham with Multigrain Bread, Macaroni Salad	Hot Meal: Roast Pork with Pineapple Sauce, Broccoli, White Rice Cold Meal: Turkey Salad with Wheat Bread, Chef Salad	Hot Meal: Vegetable Lasagna with Cream Sauce, Italian Green Beans, Cauliflower Cold Meal: Egg Salad with Wheat Bread
23	24	25	26	27
Hot Meal: Pork Ribette with BBQ Sauce, Cheesy Mashed Potatoes, Seasoned Mixed Greens Cold Meal: Peanut Butter and Jelly with Wheat Bread	Hot Meal: Beef Stew, Brussels Sprouts, Biscuit Cold Meal: Sliced Turkey with Rye Bread	Hot Meal: Cabbage Roll with Savory Meat Sauce, Garlic Mashed Potatoes, Corn Cold Meal: Cooked Chicken Breast with Italian Bread	Hot Meal: Roast Turkey with Gravy, Mashed Potatoes, Peas and Carrots Cold Meal: Meatloaf with Wheat Bread	Hot Meal: Breaded Fish with Tartar Sauce, Macaroni and Cheese, Italian Green Beans Cold Meal: Hardboiled Eggs with White Bread
30	31	April 1	April 2	April 3
Hot Meal: Cheese Ravioli with Tomato Meat Sauce, Peas, Seasoned Summer Squash with Peppers Cold Meal: Sliced Ham with White Bread	Hot Meal: Boneless Chicken Breast with Chiavetta Marinade, Carrots, Cauliflower Cold Meal: Egg Salad with Wheat Bread	Hot Meal: Hamburger with Gravy, Mashed Potatoes, Corn Cold Meal: Chicken Salad with Wheat Bread	Hot Meal: Roast Beef with Gravy, Sweet Potatoes, Savory Cabbage Cold Meal: Ham Salad with Wheat Bread, Potato Salad	Hot Meal: Cheese Omelet with Creole Sauce, Cheesy Diced Potatoes, Broccoli Cold Meal: Tuna Salad with Rye Bread