




MARCH 2024

VALLEY SENIOR SERVICES - TRAILL/STEELE MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal, for Monday call by 2 pm on Friday

Phone **636-5953** or **1-800-845-1715**

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Shrimp Scampi Pasta & Alfredo Sauce Tossed Salad & Dressing Grilled Asparagus Pineapple Tidbits Breadstick
4	5	6	7	8
Salisbury Steak w Mushroom Gravy Baked Potato w/Sour Cream Stewed Tomatoes Peaches Whole Wheat Bread x2	Chicken Veronique Smashed Potatoes Green Beans Fresh Fruit Apricots Whole Wheat Bread x2	Hamburger on a Whole Wheat Bun Mushrooms & Onions Baked Beans Pears	Chicken & Noodles Winter Blend Vegetables Steamed Peas Tropical Fruit Whole Wheat Bread	Herb Baked Fish Wild Rice Blend Baked Sweet Potato Confetti Coleslaw Manqos Whole Wheat Bread
11	12	13	14	15
Tator Tot Hotdish Crinkle Cut Carrots Applesauce Whole Wheat Bread x2	Chicken Kiev Baby Baker Potatoes Steamed Broccoli Fresh Fruit Whole Wheat Bread x2	Beef Stroganoff Noodles Corn Brussels Sprouts Mandarin Oranges Whole Wheat Bread	Braised Pork Chop Mashed Potatoes & Gravy Squash Apricots Whole Wheat Break x2	Cheesy Egg Bake Crispy Cubed Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread x2 
18	19	20	21	22
Stuffed Shells with Marinara Sauce Key Biscyne Vegetables Tossed Salad w/Dressina Pears and Festive Cookie Whole Wheat Bread	Rosemary Orange Chicken Corn Seasoned Green Beans Pineapple Tidbits Whole Wheat Bread x2 	Stir Fry Pork Tossed Salad Japanese Stir Fry Veggies Peaches Whole Wheat Bread	BBQ Chicken Baby Baker Potatoes Parslied Carrots Fresh Fruit Whole Wheat Bread x2	Swedish Meatballs Mashed Potatoes Diced Beets Cinnamon Applesauce Whole Wheat Bread x2
25	26	27	28	29
Ranch Chicken Butter Parslied Potatoes Seasoned Broccoli Tropical Fruit Whole Wheat Bread x2	Cabbage Rolls Roasted Garlic Whipped Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	Seasoned Pork Roast with Gravy Baked Sweet Potato Creamed Peas Fresh Fruit Whole Wheate Bread x2	Chili w/Saltine Crackers Baked Potato Hot Spiced Apples Whole Wheat Bread	Closed 