


Week 4



Monday **March 24 & April 21**




Smothered Chicken

Choose One


A B



BBQ Shredded Beef



Tuesday **March 25 & April 22**




Stuffed Shells with Meatsauce

Choose One


A B



Veggie Egg Bake



Wednesday **March 26 & April 23**




Shredded Turkey with Gravy

Choose One


A B



Old Bay Cod



Thursday **March 27 & April 24**




Pork Loin with Chutney

Choose One


A B



Ranch Baked Chicken Thigh



Friday **March 28 & April 25**




Sloppy Joe

Choose One

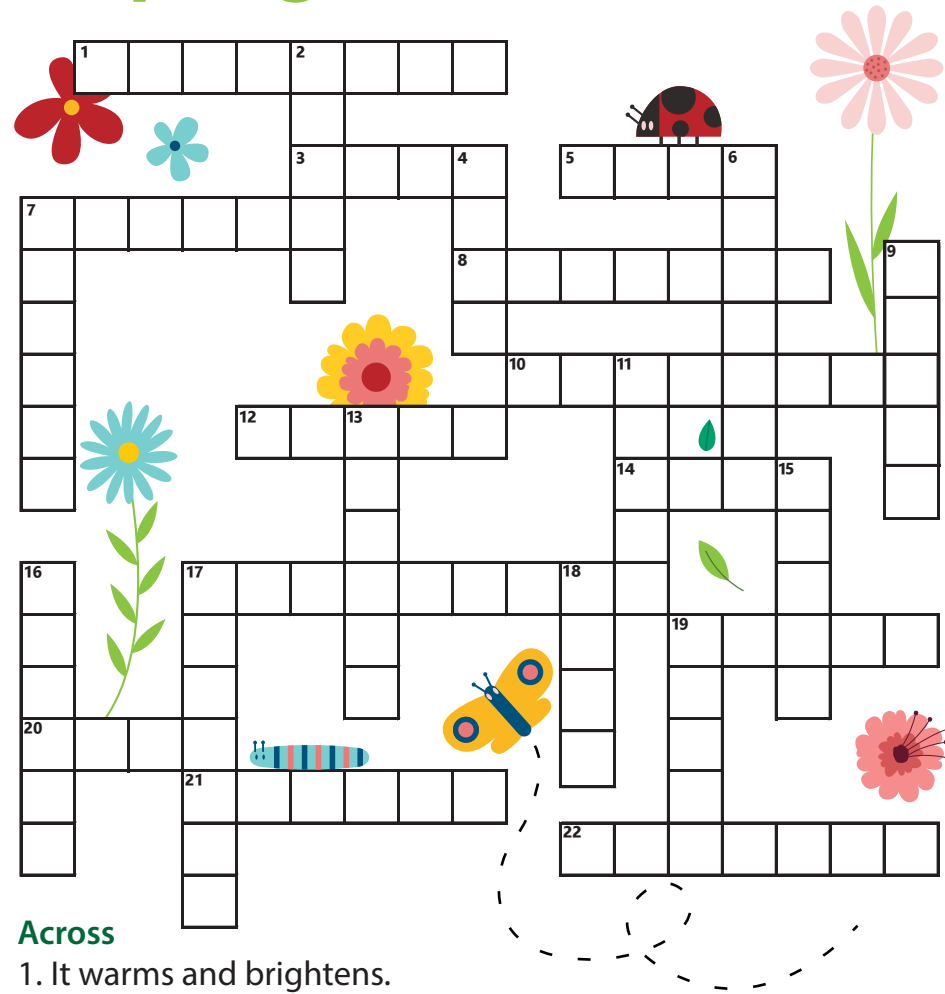
A B



Open Faced Tuna Melt

Springtime Crossword



Across

- 1. It warms and brightens.
- 3. Warmed from frozen.
- 5. They make honey.
- 7. Meal in the park.
- 8. Colorful arc in the sky.
- 10. It keeps the rain off you.
- 12. The color of spring grass.
- 14. Where a bird lives.
- 17. An adult caterpillar.
- 19. A baby chicken.
- 20. Robin ____ are blue.
- 21. It comes after winter.
- 22. Red, black and spotted.

Down

- 2. Emerging from an egg.
- 4. Creature that lives in the ground.
- 6. Short rainfalls.
- 7. Small pool of water.
- 8. Colorful arc in the sky.
- 9. Blades of ____.
- 11. Another name for rabbit.
- 13. Spring holiday.
- 15. Holland is famous for this flower.
- 16. Just a little wind.
- 17. Flower on a tree.
- 18. Green thing on a plant.
- 19. Hides the sun.

Call ahead if you need to cancel a meal or won't be home for delivery.

920-451-7011

clientservices@FreshMealsOnWheels.org



1004 S. Taylor Drive, Sheboygan, WI 53081
FreshMealsOnWheels.org

NAME: _____ RT: _____





March 3 - April 25, 2025

MENU

This menu cycle will start Monday, March 3.

Please call with your menu choices as soon as possible to allow time for choices to be entered into the system. If we do not receive your choices, you will automatically receive choice A.

To help guide your selections:

-  = **Heart Healthy Choice:** Leaner meats and less fat
-  = **Carb-Wise Choice:** Fewer total carbs

If you need to cancel meals, please call before 9 a.m. the day prior to your cancellation date.

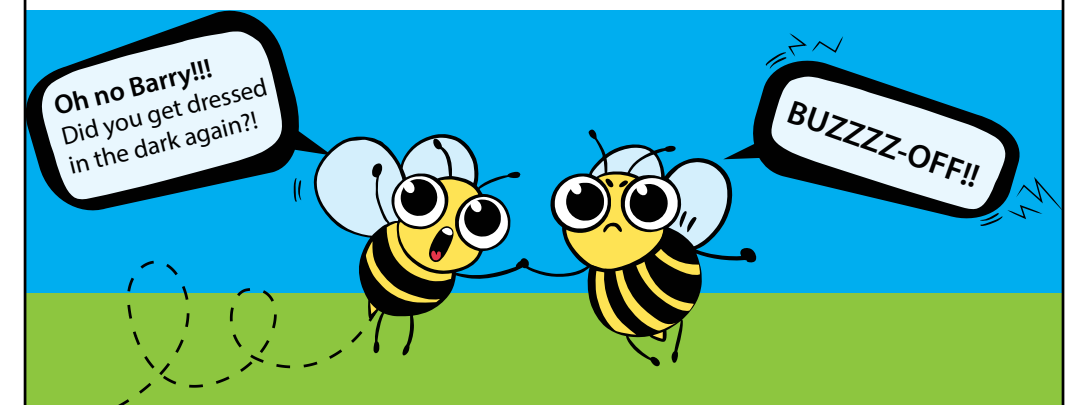
Important Reminders

During these winter months, please keep your driveways and sidewalks clear for volunteers. If there is severe weather, please check TMJ-4, CBS 58, WISN, WHBL or our Facebook page for cancellation information.

If you have any questions, or know someone else who needs meals call us at 920-451-7011.

Enjoy your meals!

Entrees and side items are subject to change without notice. All meals provide 1/3 of the Recommended Dietary Allowances (RDA), meet the USDA's Dietary Guidelines for Americans and adhere to federal meal pattern requirements. This menu was planned and prepared under the supervision of a registered dietitian.



Week 1

Monday March 3 & March 31



Choose One
A B
♥ C



Chicken Paprika

Pork Chop with Sauerkraut

Tuesday March 4 & April 1



Choose One
A B
 C



Beef Chop Suey

Lemon Dill Cod

Wednesday March 5 & April 2



Choose One
A B
 C



BBQ Pulled Pork

Chicken with Mushroom Gravy

Thursday March 6 & April 3



Choose One
A B
 C



Stuffed Pepper Casserole

Black Bean Quesadilla

Friday March 7 & April 4



Choose One
A B
 C



Chicken Divan

Maple Dijon Salmon

Week 2

Monday March 10 & April 7



Choose One
A B
 C



Hamburger

Cheesy Scrambled Eggs

Tuesday March 11 & April 8



Choose One
A B
 C



Ham Meatballs with Ketchup

French Onion Chicken

Wednesday March 12 & April 9



Choose One
A B
 C



Philly Cheesesteak

Haddock with Tomato

Thursday March 13 & April 10



Choose One
A B
 C



Brat Patty with Cheddar

Grilled Italian Chicken

Friday March 14 & April 11



Choose One
A B
 C



Chili Dog

Pesto Parmesan Cod

Week 3

Monday March 17 & April 14



Choose One
A B
 C



Honey Mustard Ham

Caprese Chicken

Tuesday March 18 & April 15



Choose One
A B
 C



Cheeseburger Casserole

Teriyaki Salmon

Wednesday March 19 & April 16



Choose One
A B
 C



Hawaiian Chicken

Veggie Burger with Cheese

Thursday March 20 & April 17



Choose One
A B
 C



Beef Tips

BBQ Pork Spare Rib

Friday March 21 & April 18



Choose One
A B
 C



Turkey Burger with Cheese

Tilapia Florentine