





March 2025

Meals On Wheels - Independence

All meals are made in Independence served every weekday.
Extra meals can be ordered.
Call 816-254-9566 between 8 – noon.

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change	3 - Picante Chicken Over Rice - Vegetables	4 - Sauerkroust - Hot Dogs - Vegetables	5 - Cheesy Tuna Casserole - Vegetables	6 - BBQ Ham - Scalloped Potatoes - Vegetables	7 - Oven Baked Chicken - Mashed Potatoes w/ Gravy - Vegetables	8
9	10 - Pork Fritter - Mashed Potatoes w/ Gravy - Vegetables	11 - Chicken Al Fredo - Noodles - Vegetables	12 - Sliced Ham - Au Gratin Potatoes - Vegetables	13 - Hot Beef Sandwich - Mashed Potatoes w/ Gravy - Vegetables	14 - Chicken Ala King - Vegetables	15
16	17 - Meatloaf - Mashed Potatoes w/ Gravy - Vegetables	18 - Parmesan Chicken - Au Gratin Potatoes - Vegetables	19 - Pork Egg Rolls - Wild Rice - Vegetables	20 - Enchiladas - Corn	21 - Chicken Wild Rice Casserole - Vegetables	22
23	24 - Salisbury Steak - Mashed Potatoes w/ Gravy - Vegetables	25 - Chicken Tenders - Tater Tots - Vegetables	26 - Ham & Beans - Cornbread - Vegetables	27 - Spaghetti & Meatballs - Vegetables	28 - Shepherd's Pie - Vegetables	29
30	31 - Hot Turkey Sandwich - Mashed Potatoes - Vegetables					Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE