

# March 2026

## Meals On Wheels - IND

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 | 2<br>- Beef Stroganoff<br>- Stewed Tomatoes                  | 3<br>- Sweet & Sour Pork<br>- Rice<br>- Broccoli                 | 4<br>- Shepherd's Pie<br>- Spiced Peaches  | 5<br>- King Ranch Chicken<br>- Mashed Potatoes / Gravy<br>- California Veg.           | 6<br>- Pork w/ Sour Cream Sauce<br>- Au Gratin Potatoes<br>- Broccoli                 | 7                               |
| 8                      | 9<br>- Salisbury Steak<br>- Mashed Potatoes<br>- Green Beans | 10<br>- Oven Fried Chicken<br>- Sweet Potatoes<br>- Italian Veg. | 11<br>- Sliced Ham / Pineapple<br>- Au Gratin Potatoes<br>- Spinach                  | 12<br>- Cowboy Beans<br>- Normandy Veg.   | 13<br>- Lemon Pepper Fish<br>- Tater Tots<br>- Beets                                  | 14                              |
| 15                     | 16<br>- Chicken & Noodles<br>- Spiced Peaches                | 17<br>- BBQ Pork<br>- Baked Beans<br>- Broccoli                  | 18<br>- Sloppy Joe's<br>- Tater Tots<br>- Cheesy Corn                                | 19<br>- Chicken Patty<br>- Mac & Cheese<br>- California Veg.                          | 20<br>- Ham & Beans<br>- Spinach  | 21                              |
| 22                     | 23<br>- Meatloaf<br>- Mashed Potatoes<br>- Green Beans       | 24<br>- Italian Chicken<br>- Sweet Potatoes<br>- Peas            | 25<br>- Biscuits & Gravy<br>- Sausage Patties<br>- Spiced Apples                     | 26<br>- Hot Beef Sandwich<br>- Mashed Potatoes<br>- Cauliflower                       | 27<br>- Chicken Ala King<br>- Wild Rice<br>- Mixed Veg.                               | 28                              |
| 29                     | 30<br>- Chili dogs<br>- Normandy Veg.                        | 31<br>- Spaghetti & Meat Sauce<br>- Green Beans                  |  |  |  | Dessert Included With All Meals |

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE