



555 E. Plaza Circle,
Suite C
Litchfield Park, AZ
85340

623-594-9588
mealsofjoy.org

March 2024 Menu

MENU OPTIONS

Standard Bowl (main dish, no veggies, no salad or fruit)	\$9.00
Standard Meal (includes entrée, salad, fruit)	11.00
Standard Entrée Only (no salad or fruit)	\$9.50
Hearty Meal (includes entrée, salad, fruit)	\$13.00
Salad of the Day	\$11.00
Deli Plate (sandwich or wrap, salad, fruit)	\$11.00
Weekender (sandwich or wrap, salad, fruit)	\$11.00
Bagger Lunch (sandwich, fruit, cookie)	\$5.75

Thank You

- ♦ Thunderbirds Charities
♦ M.P. Trust
♦ Kroger Foundation
♦ Silas & Arlene Strode
♦ Maureen Smith
- ♦ Connie Stiffler
♦ Kimberly Onstott
♦ Phil & Joyce Westlund
♦ Sending Support Foundation
♦ Diane Greer
- ♦ Bill & Kathy Kinney
♦ Osborne Jewelers
♦ John F. Long Foundation
♦ Henry Racziewicz
♦ Lisa Wenk

TO OUR GENEROUS SPONSORS
Their generous support helps to fund a portion of this month’s meals and brings Meals of Joy to our most vulnerable senior population.

Monday	Tuesday	Wednesday	Thursday	Friday
Meal Alternatives				
Chef Salad w/ham, turkey, mixed greens, tomatoes, cucumbers, cheese, croutons, dressing Deli Plate - Turkey club wrap, potato salad, fruit Bagger Lunch - Turkey & cheese sandwich, fruit, cookie	Taco Salad w/seasoned taco-style meat, lettuce, tomatoes, cucumbers, black beans, tortilla chips, cheese, salsa dressing Deli Plate - Chicken salad w/apple sandwich, chips, fruit Bagger Lunch - Bologna & cheese sandwich, fruit, cookie	Cobb Salad w/chicken, mixed greens, tomatoes, cucumbers, bacon, chopped egg, Swiss cheese, Blue Cheese dressing Deli Plate - Ham, turkey & Swiss sliders, potato salad, fruit Bagger Lunch - Ham & cheese sandwich, fruit, cookie	Garden Salad w/chicken, mixed greens, tomatoes, cucumbers, apple slices, dressing Deli Plate - Turkey, bacon & avocado club, chips, fruit	Deli Plate - California chicken Caesar wrap, coleslaw, fruit Bagger Lunch - Tuna sandwich, fruit, cookie

To Order Meals: go to meal-sofjoy.org or call 623-594-9588

Please Note: If adding or cancelling a meal, it must be done by 10am two business days prior to the affected date. Any cancellations made less than 48 hours before the date will still be billed.

Standard or Hearty Meal Menu (Standard Entrees - no salad or fruit; Standard Bowl - no veggies, salad or fruit)

				Friday, March 1	Weekender (delivered on Friday)
				 Shrimp scampi over linguini, green beans, salad, fruit 718 calories	 Shredded pork sandwich, potato salad, fruit 724 calories
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8	Weekender (delivered on Friday)
 Baked spaghetti, garlic bread, salad, fruit 724 calories	 Chicken with stuffing, mixed veggies, salad, fruit 729 calories	 Meatloaf over mashed potatoes, corn, salad, fruit 728 calories	 Beef fajitas over Spanish rice, tortilla chips, salsa, salad, fruit 735 calories	 Tuna bake w/cheese, peas, salad, fruit 720 calories	 Turkey, bacon & ranch wrap, chips, fruit 720 calories
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15	Weekender (delivered on Friday)
 Baked penne w/meat sauce, Broccoli Normandy, salad, fruit 725 calories	 Bangers and mash, carrots, salad, fruit 721 calories	 Pork pot roast w/garden veggies, roll, salad, fruit 730 calories	 Chicken cacciatore over potatoes, corn, salad, fruit 729 calories	 Corned beef & cabbage, boiled potatoes, salad, fruit 722 calories	 Shredded BBQ chicken sandwich, pasta salad, fruit 725 calories
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22	Weekender (delivered on Friday)
 Sweet & sour meatballs over sticky rice, green beans, salad, fruit 723 calories	 Crispy chicken stir fry w/ veggies, pot stickers, salad, fruit 732 calories	 Lasagna w/meat sauce, garlic bread w/cheese, salad, fruit 726 calories	 Meatloaf over mashed potatoes, peas, salad, fruit 728 calories	 Crab and shrimp bake, mac and cheese, salad, fruit 731 calories	 Chicken, bacon & Swiss club sub, potato salad, fruit 730 calories
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29	Weekender (delivered on Friday)
 Chicken penne Alfredo bake, Broccoli Normandy, salad, fruit 725calories	 Ratatouille w/sausage and roasted veggies, peas & carrots, salad, fruit 736 calories	 Roast beef w/mashed potatoes & gravy, mixed veggies, fruit 735 calories	 BBQ rotisserie chicken, stuffing, salad, fruit 734 calories	 Buttery garlic shrimp w/ lemon over fettuccine, roll, salad, fruit 730	 calories Meatball Parmesan sub, coleslaw, fruit

Meals prepared in the kitchen of Fountain of Life Lutheran Church, Sun City.