

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

623-594-9588 mealsofjoy.org

March 2024 Menu

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Standard Meal (includes entrée, salad, fruit) 11.00	
Standard Entrée Only (no salad or fruit) \$9.50)
Hearty Meal (includes entrée, salad, fruit) \$13.0)0
Salad of the Day \$11.0	00
Deli Plate (sandwich or wrap, salad, fruit) \$11.0	00
Weekender (sandwich or wrap, salad, fruit) \$11.0)0
Bagger Lunch (sandwich, fruit, cookie) \$5.75	<u>,</u>

MENU OPTIONS



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.

- Thunderbirds Charities
- M.P. Trust
- **Kroger Foundation**
- Silas & Arlene Strode
- Maureen Smith
- ♦ Connie Stiffler
 - Kimberly Onstott
- Phil & Joyce Westlund
- Sending Support Foundation Henry Raczkiewicz
- ♦ Diane Greer

♦ Lisa Wenk

♦ Bill & Kathy Kinney

Osborne Jewelers

John F. Long Foundation

Monday Tuesday Wednesday **Thursday Friday**

Meal Alternatives

Chef Salad w/ham, turkey, mixed greens, Taco Salad w/seasoned taco-style meat, tomatoes, cucumbers, cheese, croutons, dressing

Deli Plate - Turkey club wrap, potato salad, fruit

Bagger Lunch - Turkey & cheese sandwich, fruit, cookie

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, cookie chips, fruit

Deli Plate - California chicken Caesar wrap, coleslaw, fruit

Bagger Lunch - Tuna sandwich, fruit,

To Order Meals: go to mealsofjoy.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.

Weekender (delivered on Friday)

calories

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

Friday, March 1

Shrimp scampi over linguini, green beans, salad, fruit 718 calories



Shredded pork sandwich, potato salad, fruit 724 calories

Monday, March 4





Tuesday, March 5

Tuesday, March 12

Tuesday, March 19

Tuesday, March 26

Chicken with stuffing, mixed veggies, salad, fruit 729 calories

Wednesday, March 6

Wednesday, March 13

Wednesday, March 20

Wednesday, March 27

Meatloaf over mashed potatoes, corn, salad, fruit 728 calories



Thursday, March 7

Thursday, March 14

Thursday, March 21

Thursday, March 28

Beef fajitas over Spanish rice, tortilla chips, salsa, salad, fruit 735 calories

Friday, March 8

Friday, March 15

Friday, March 22

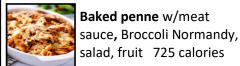
Friday, March 29

Tuna bake w/cheese, peas, salad, fruit 720 calories



Turkey, bacon & ranch wrap, chips, fruit 720 calories

Monday, March 11





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

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

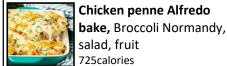


Crab and shrimp bake, mac and cheese, salad, fruit 731 calories



Chicken, bacon & Swiss club sub, potato salad, fruit 730 calories

Monday, March 25





Ratatouille w/sausage and roasted veggies, peas & carrots, salad, fruit 736 calories



Roast beef w/mashed potatoes & gravy, mixed reggies, fruit 735 calories



BBQ rotisserie chicken, stuffing, salad, fruit 734 calories



Buttery garlic shrimp w/ emon over fettuccine, roll, salad, fruit 730



Meatball Parmesan sub, coleslaw, fruit

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