

March 2026 Lunch Menu



COMMUNITY ACTION OF NAPA VALLEY

Meals on Wheels
938 Kaiser Rd.,
Napa, CA 94558

PLEASE CALL (707) 253-6100 Ext. 111 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE

www.canv.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>*Indicates High Vitamin C Source **Indicates High Vitamin A Source ***Indicates High Vitamin A and Vitamin C Source</p> <p>Denotes sodium > 1000mg  Lenten 02/20 - 04/02</p>						<p>1 Beef/Turkey Taco Meat Brown Cilantro Lime Rice Pinto Beans Hot Cinnamon Applesauce* Milk Taco Sauce</p>
<p>2 Oven Fried Chicken Thigh Garlic Whipped Potatoes* Garden Vegetable Blend** Whole Grain Dinner Roll Pears, 4.5 oz* Milk</p>	<p>3 Beef Patty Hashbrown Potatoes Whole Grain Hamburger Bun Fresh Orange* Milk Ketchup</p>	<p>4 Chef Salad** <i>Chicken, Turkey, Egg, Cheese in Salad</i> <i>Mixed Lettuce in entrée</i> Whole Grain Dinner Roll Tropical Fruit, 4.5 oz* Milk Ranch Salad Dressing (2) Margarine</p>	<p>5 Mongolian Chicken Brown Rice Broccoli* Fresh Apple Milk</p>	<p>6 Cheesy Potato Soup* Capri Vegetable Blend** Whole Wheat Bread Hot Cinnamon Applesauce* Milk</p>	<p>7 Beef Noodle Bake <i>(WG Pasta in entrée)</i> Brussels Sprouts* Hot Pineapple Tidbits Milk</p>	<p>8 Krab Cake with Dill Sauce Brown Rice California Vegetable Blend** Peaches, 4.5 oz* Milk</p>
<p>9 Turkey/Beef Taco Meat Pinto Beans Mixed Vegetable Blend** Whole Wheat Tortilla Fresh Orange* Milk</p>	<p>10 Spinach Omelet** Hashbrown Potatoes Whole Wheat Bread Hot Cinnamon Applesauce* Milk Grape Jelly</p>	<p>11 Creamy Paprika Chicken Brown Rice Whole Kernel Corn w/Carrots** Brussels Sprouts* Fresh Orange* Milk</p>	<p>12 Meatloaf w/ Brown Gravy Whipped Potatoes* Green Beans Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>13 Breaded Lemon Pepper Tilapia Whole Grain Au Gratin Pasta Okra and Tomatoes Fresh Orange* Milk</p>	<p>14 Chicken Cordon Bleu <i>(WG Breeding on Chicken)</i> Broccoli* Hot Peaches Graham Crackers Milk</p>	<p>15 BBQ Pork Riblet Mixed Vegetables** Hot Applesauce* Whole Grain Dinner Roll Milk</p>
<p>16 Chicken Chili Whole Kernel Corn Green Beans w/Carrots** Whole Grain Dinner Roll Fresh Orange* Milk</p>	<p>17 St. Patrick's Day Beef/Turkey Irish Stew Parslied Red Potatoes Cabbage* Whole Wheat Bread Fresh Apple Milk</p>	<p>18 Harvest Chicken Salad** Whole Grain Roll Mandarin Oranges, 4.5 oz* Milk Ranch Salad Dressing (2)</p>	<p>19 Salisbury Steak w/ Brown Gravy Whipped Potatoes* Mixed Vegetable Blend** Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>20 Creamy Chickpea Tikka Brown Rice Lentil Vegetable Pilaf Cauliflower* Applesauce, 4.5 oz Milk</p>	<p>21 Beef Tips w/Gravy Whipped Potatoes* Green Beans Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>22 Mozzarella Chicken Green Peas Tuscany Vegetable Blend** Fresh Orange* Milk</p>
<p>23 Sloppy Joe Tater Tots Broccoli* Whole Grain Hamburger Bun Fresh Apple Milk</p>	<p>24 Chicken Noodle Bake <i>(WG Pasta in Entrée)</i> Collard Greens*** Applesauce, 4.5 oz Milk</p>	<p>25 Taco Seasoned Chickpeas Brown Rice Southwest Corn* Spanish Carrots** Fresh Orange* Milk</p>	<p>26 Onion Smothered Beef  Whipped Sweet Potatoes*** Green Beans Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>27 Parmesan Breaded Tilapia WG Macaroni & Cheese Green Peas Fresh Orange* Milk</p>	<p>28 Egg Patty  Breakfast Turkey Sausage Patty Hashbrown Potatoes Whole Wheat English Muffin Applesauce, 4.5 oz* Milk Grape Jelly</p>	<p>29 Smothered Chopped Steak Brown Rice Brussels Sprouts* Carrots** Fresh Apple Milk</p>
<p>30 Rosemary Chicken Breast Whipped Potatoes* Green Beans Whole Grain Dinner Roll Tropical Fruit, 4.5 oz* Milk</p>	<p>31 Beef/Turkey Southwestern Stew California Vegetable Blend** WG Tortilla Chips Fresh Orange* Milk</p>			<p>Meals on Wheels Program 938 Kaiser Rd., Napa, CA 94558 www.canv.org</p>		