

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 COR, MOD, REN: turkey with apricots, quinoa & green beans VEG: Sicilian Rice & green beans. Arugula salad with blueberries
4 COR, REN: Baked tilapia with lemon butter sauce or VEG & MOD: vegetarian gumbo. Sugar snap peas, rice, jicama & mandarin orange salad	5 COR, MOD, REN: Beef Tenderloin w/ herbs or Chicken brst. w/ apricots or peaches. VEG: Baked Artichokes. Roasted Brussels sprouts, roasted potatoes, french onion soup	6 COR: Green chile chicken w/ beans VEG: Green chili Tofu w/ pinto beans MOD, REN: Herbed chicken breast, Rice, summer squash, mixed green salad with cucumbers and tomatoes	7 COR, MOD, REN: Turkey meatloaf VEG: Lentil Loaf. Roasted zucchini, corn and pepper medley, cream of celery soup	8 COR, MOD, REN, VEG: Hearty macaroni & cheese Broccoli with balsamic marinade, Cauliflower salad
11 COR, MOD, REN: skillet pork chops with apples or Lime tarragon turkey. Roasted potatoes. VEG: Asian Tofu with noodles & bok choy. Garlic snow peas with mushrooms. Fennel, celery & squash salad	12 COR, MOD, REN: Grilled tuna burgers or orange-glazed chicken breast VEG: Meatless Patties Rice, mixed vegetable, red lentil soup with kale or Cannelini bean soup with kale	13 COR, MOD, REN: Pasta with Italian meat sauce (turkey) VEG: Italian eggplant ragout. Braised cabbage with bell peppers. Arugula with lemony balsamic vinaigrette.	14 COR, MOD, REN: Chicken Marbella VEG: Veggie Frittata Roasted green beans, cornbread dressing, creamy carrot soup	15 COR, MOD, REN, VEG: Mexican stuffed zucchini boats, Spanish rice, sauteed mushrooms, kale and carrot slaw
18 COR, MOD, REN: Shepherd's Pie! VEG: Vegetarian Shepherd's Pie, Broccoli, Mediterranean salad with field greens Happy day after St. Patrick's Day!	19 COR, MOD, REN: Oven fried chicken VEG: Vegetable Chickpea Fritters. Summer squash, creamy potato leek soup	20 COR, MOD, REN: Turkey and root vegetable winter stew. VEG: Vegetarian chili. Acorn squash w/ apples & carrots, or just steamed carrots, orange and greens salad	21 COR, MOD, REN: baked salmon Dijon or marinated turkey tenderloins VEG: Cauliflower steaks. Whipped sweet potatoes or yams, roasted asparagus, mushroom soup	22 COR, MOD, REN: Beef meatloaf or glazed honey balsamic chicken, cornbread dressing. VEG: Sicilian rice & vegetables with tofu. Roasted cauliflower, pea and radish salad
25 COR, MOD, REN, VEG: Vegetarian gumbo, brown rice, roasted bok choy, classic wedge salad with dressing	26 COR, MOD, REN: Chicken Pot Pie VEG: Tofu pot pie (made with fava beans), maple-glazed roasted carrots, silky zucchini soup	27 COR, MOD, REN: Cod Florentine or Turkey Burger. VEG: Butter beans with garlic, lemon & herbs. Jeweled pilaf, roasted green beans, coleslaw	28 COR, MOD, REN: Baked lemon pork chops or Lemon-glazed chicken breast VEG: Cabbage skillet w/ meatless crumbles. Scalloped potatoes, Swiss chard or snow peas, Mediterranean chickpea Veg soup	29 COR, MOD, REN: Sliced turkey breast with gravy VEG: Spinach Swiss quiche. Brown & wild rice blend, roasted Brussels sprouts, beet, orange & jicama salad Happy Good Friday!

***Menus are subject to change due to seasonal availability, donations received or cost ***

- All Kitchen Angels meals are heart healthy, diabetic friendly, and low in sodium.
- We are unable to switch your diet track without specific orders from your physician.
- Kitchen Angels is not an allergy-free kitchen. Your meals may come in contact with known allergens. We are unable to accommodate clients with life-threatening allergies. Clients accept full responsibility and liability for any and all potential harm resulting from an allergic reaction associated with this service.

Kitchen Angels Diet Tracks

CORE (COR)

Clients have no dietary or food texture restrictions. They have the option to omit red meat (beef, pork, lamb) when it is served and receive alternate meal that day.

MODIFIED (MOD)

Diet track omits common allergens recognized by the FDA: fish/shellfish, dairy, gluten, soy, sesame, tree nuts/peanuts, eggs. No hot spices or salt added. Clients have the option to omit red meat (beef, pork, lamb) and receive alternate meal that day.

RENAL (REN)

Serves clients with Chronic Kidney Disease (CKD). Limited protein (3 oz), sodium, potassium and phosphorous. Option to omit red meat (beef, pork, lamb) and/or fish and receive alternate meal that day.

VEGETARIAN (VEG)

Omits animal-flesh protein and gluten. No chopped or pureed meals allowed on this diet track.

ALLERGEN (ALL)

Frozen meals are prepared and selected that don't contain any client allergens. Meals delivered once per week on Weds.