



Meals on Wheels

Choice 1 - Poultry, Seafood, Pork Entree

February 2019

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FOR SENIORS 60 YEARS AND OLDER			Chef's Choice Meals are for weekend clients	
Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu is subject to change without notice.</i> <i>All meals include 8 oz. low fat milk, fruit, wheat roll.</i></p>				<p>1 Chicken ala King Rotini Pasta Onion & Mushrooms</p>
<p>4 Braised Chicken Sweet Potatoes Brussel Sprouts</p>	<p>5 Spanish Chicken Verde Grilled Vegetables Corn Bread Crumble</p>	<p>6 Macaroni & Cheese Grilled Chicken Mixed Vegetables</p>	<p>7 Chicken Tacos Spanish Rice Broccoli</p>	<p>8 Chicken Stir-Fry Brown Rice Asian Vegetables</p>
<p>11 BBQ Chicken Corn & Carrots Roasted Potatoes</p>	<p>12 Chicken Dijon Spanish Rice Brussel Sprouts</p>	<p>13 Braised Chicken Sweet Potatoes Brussel Sprouts</p>	<p>14 Turkey Brianna Brown Rice Seasoned Cabbage</p>	<p>15 Chicken Breast Cranberry Apple Gravy Broccoli Polenta</p>
<p>18 HOLIDAY—CLOSED Chefs Choice</p>	<p>19 Turkey Tetrazzini Whole Grain Pasta Seared Mushrooms</p>	<p>20 Chicken ala King Whole Wheat Pasta Onion and Mushrooms</p>	<p>21 5 Spice Chicken Brown Rice Pilaf Italian Vegetables</p>	<p>22 Grilled Chicken Lemon Caper & Artichoke Sauce Brussel Sprouts</p>
<p>25 Orange Chicken Pineapple Rice Stir-Fry Vegetables</p>	<p>26 Chicken Florentine with Linguini in Pesto Sauce Seasonal Vegetables</p>	<p>27 Turkey Meat Loaf Mashed Sweet Potatoes Steamed Spinach</p>	<p>28 Spanish Chicken Verde Grilled Vegetables Corn Bread Crumble</p>	<p><i>It costs \$7.00 to produce each meal.</i> <i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>