



Meals on Wheels

Choice 2 - Vegetarian Entree

February 2019

Phone: 707-525-0383

En Espanol: 707-525-0143

FOR SENIORS 60 YEARS AND OLDER		Chef's Choice Meals are for weekend clients Vegetarian Meals on Monday		
Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu is subject to change without notice.</i></p> <p><i>All meals include 8 oz. low fat milk, fruit, wheat roll.</i></p>				<p>1</p> <p>Roasted Winter Vegetables Quinoa Stir-Fry Egg</p>
<p>4</p> <p>Kale & Swiss Baked Penne Creamy Cheese Sauce</p>	<p>5</p> <p>Stir-Fry Tofu Vegetables Steamed Rice</p>	<p>6</p> <p>Multi Grain Curry Dish Cannellini Beans Broccoli</p>	<p>7</p> <p>Jambalaya & Tempeh Cake Asian Blend Vegetables Brown Rice</p>	<p>8</p> <p>Quinoa Celery Root Seared Spinach</p>
<p>11</p> <p>Cauliflower Steamed Rice Tofu Spring Rolls</p>	<p>12</p> <p>Vegetarian Chili Baked Potato Cheddar Cheese</p>	<p>13</p> <p>Pad Thai Fried Rice Stir-Fry Vegetables</p>	<p>14</p> <p>Quinoa Celery Root Seared Spinach</p>	<p>15</p> <p>Vegetable Cassoulet Couscous Capri Blend Vegetables</p>
<p>18</p> <p>Holiday—Closed Vegetarian Chef Choice Vegetables</p>	<p>19</p> <p>Macaroni & Cheese Mushrooms Stewed Carrots</p>	<p>20</p> <p>Spaghetti Marinara Sauce Yellow & Zucchini Squash</p>	<p>21</p> <p>Vegetable Frittata Stewed Carrots</p>	<p>22</p> <p>Roasted Vegetable Risotto Tofu Parmesan Cheese</p>
<p>25</p> <p>Vegetarian Chef Choice Vegetables</p>	<p>26</p> <p>Tomato & White Bean Rigatoni Jack Cheese</p>	<p>27</p> <p>Vegetable Quiche Three Bean Pasta Salad</p>	<p>28</p> <p>Stir-Fry Tofu Vegetables Steamed Rice</p>	<p><i>It costs \$7.00 to produce each meal.</i></p> <p><i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>