



# Meals on Wheels

## Choice 3 - Beef 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>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>				<p><b>1</b></p> <p><b>Baked Fish with Lemon Dill Sauce</b> Barley Broccoli</p>
<p><b>4</b></p> <p><b>Mexican Beef &amp; Bean Casserole</b> Yellow &amp; Zucchini Squash</p>	<p><b>5</b></p> <p><b>Pork Raisin Chutney</b> Stewed Greens Brown Rice</p>	<p><b>6</b></p> <p><b>Meatballs</b> Whole Grain Pasta Roasted Veggie Marinara Italian Vegetables</p>	<p><b>7</b></p> <p><b>Tuna Casserole</b> Whole Grain Pasta Broccoli</p>	<p><b>8</b></p> <p><b>Beef Tacos</b> Spanish Rice Zucchini</p>
<p><b>11</b></p> <p><b>Pork Verde</b> Black Beans Corn and Squash</p>	<p><b>12</b></p> <p><b>Salisbury Steak</b> Couscous Spinach Mushroom Gravy</p>	<p><b>13</b></p> <p><b>Salmon Risotto</b> Arborio Rice Pes and Asparagus</p>	<p><b>14</b></p> <p><b>Beef Stew</b> Polenta Root Vegetables</p>	<p><b>15</b></p> <p><b>Beef-a-roni</b> Steamed Vegetables Cheddar Cheese</p>
<p><b>18</b></p> <p><b>HOLIDAY-CLOSED</b> <b>Chef's Choice</b></p>	<p><b>19</b></p> <p><b>Baked Fish Creole</b> Brown Rice Normandy Vegetables</p>	<p><b>20</b></p> <p><b>Beef Meat Loaf</b> Mashed Potatoes Seasonal Vegetables</p>	<p><b>21</b></p> <p><b>Pork Tenderloin</b> Mustard Sauce Roasted Vegetable Potatoes</p>	<p><b>22</b></p> <p><b>Beef Bourginon</b> Peas &amp; Carrots Potatoes</p>
<p><b>25</b></p> <p><b>Beef Stir-Fry</b> Asian Vegetables Brown Rice</p>	<p><b>26</b></p> <p><b>Pork Vegetable Stew</b> Lentils</p>	<p><b>27</b></p> <p><b>Beef Lasagna</b> Brussel Sprouts</p>	<p><b>28</b></p> <p><b>Baked Fish with Lemon Dill Sauce</b> Barley Broccoli</p>	<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>