



Meals on Wheels

Choice 4 - Diabetic Friendly & Heart Friendly

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	
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>DF & HF Thai Beef Bowl Asian Vegetables Brown Rice</p> <p style="text-align: right;">1</p>
<p>DF & HF Baked Fish Lemon Dill Sauce Cauliflower & Broccoli</p> <p style="text-align: right;">4</p>	<p>DF & HF Beef Broccoli Stir-Fry Mixed Vegetables Brown Rice</p> <p style="text-align: right;">5</p>	<p>DF & HF Pork Verde Black Beans Capri Blend Vegetables</p> <p style="text-align: right;">6</p>	<p>DF & HF Chicken Burger Pineapple Salsa Cauliflower Mash</p> <p style="text-align: right;">7</p>	<p>DF & HF Meat Balls Pasta Tomato Sauce Italian Blend Vegetables</p> <p style="text-align: right;">8</p>
<p>DF & HF Salisbury Chicken Peppers, Spinach Tomato Salsa</p> <p style="text-align: right;">11</p>	<p>DF & HF Grilled Chicken Couscous Salsa Asparagus Green Bell Pepper</p> <p style="text-align: right;">12</p>	<p>DF & HF Salmon Curry & Vegetable Bowl Asian Blend Vegetables</p> <p style="text-align: right;">13</p>	<p>DF & HF Beef Broccoli Stir-Fry Mixed Vegetables Brown Rice</p> <p style="text-align: right;">14</p>	<p>DF & HF Grilled Pork Tenderloin Mustard Sauce Grilled Vegetables</p> <p style="text-align: right;">15</p>
<p>HOLIDAY—CLOSED Chef's Choice</p> <p style="text-align: right;">18</p>	<p>DF & HF Beef Black Bean Sauce Snow Peas Brown Rice</p> <p style="text-align: right;">19</p>	<p>DF & HF Chicken Stir-Fry Asian Blend Vegetables</p> <p style="text-align: right;">20</p>	<p>DF & HF Baked Fish Lemon Dill Sauce Cauliflower & Broccoli</p> <p style="text-align: right;">21</p>	<p>DF & HF Swiss Turkey Stew Corn Tomato and Bell Pepper</p> <p style="text-align: right;">22</p>
<p>DF & HF Grilled Pork Tenderloin Mustard Sauce Grilled Vegetables</p> <p style="text-align: right;">25</p>	<p>DF & HF Thai Beef Bowl Asian Vegetables Brown Rice</p> <p style="text-align: right;">26</p>	<p>DF & HF Beef Broccoli Stir-Fry Mixed Vegetables Brown Rice</p> <p style="text-align: right;">27</p>	<p>DF & HF Grilled Chicken Cous Cous Salsa Asparagus & Green Bell Pepper</p> <p style="text-align: right;">28</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>