



# Meals on Wheels

## Choice 3 - Beef Entree

January 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>1</p> <p><b>Holiday—Closed</b></p>	<p>2</p> <p>Chef's Choice Meal</p>	<p>3</p> <p><b>Pork Pineapple Salsa</b> Brown Rice Peas and Carrots</p>	<p>4</p> <p><b>Baked Fish</b> Barley Steamed Broccoli with Onion</p>
<p>7</p> <p><b>Mexican Beef &amp; Bean Casserole</b> Yellow &amp; Zucchini Squash</p>	<p>8</p> <p><b>Pork with Raisin Chutney</b> Brown Rice Pilaf Stewed Greens</p>	<p>9</p> <p><b>Meatballs</b> Pasta Roasted Veggie Marinara Italian Vegetables</p>	<p>10</p> <p><b>Tuna Casserole</b> Broccoli Brown Rice</p>	<p>11</p> <p><b>Beef Tacos</b> Spanish Rice Zucchini</p>
<p>14</p> <p><b>Pork Verde</b> Black Beans Zucchini &amp; Corn</p>	<p>15</p> <p><b>Salisbury Steak</b> Spinach Roasted Potatoes</p>	<p>16</p> <p><b>Salmon Risotto</b> In Arboreal Rice Peas &amp; Asparagus</p>	<p>17</p> <p><b>Beef Stew</b> Polenta Root Vegetables</p>	<p>18</p> <p><b>Beef-a-roni</b> Steamed Vegetables</p>
<p>21</p> <p><b>Holiday—Closed</b></p>	<p>22</p> <p><b>Baked Fish</b> Brown Rice Normandy Vegetables</p>	<p>23</p> <p><b>Beef Meat Loaf</b> Mashed Potatoes Steamed Spinach</p>	<p>24</p> <p><b>Pork Tenderloin</b> Roasted Vegetables Potatoes</p>	<p>25</p> <p><b>Beef Bourginon</b> Potatoes Vegetables</p>
<p>28</p> <p><b>Beef Stir-Fry</b> Brown Rice Asian Blend Vegetables</p>	<p>29</p> <p><b>Pork Vegetable Stew</b> Lentils</p>	<p>30</p> <p>All Day Staff Meeting <b>CLOSED</b></p>	<p>31</p> <p><b>Baked Fish with Dill Sauce</b> Barley Steamed Broccoli with Onion</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>