



Meals on Wheels

Choice 2 - Vegetarian Entree

JUNE 2018

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FOR SENIORS 60 YEARS AND OLDER		Chef's Choice Meals are for weekend clients Vegetarian Meals on Mondays		
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><i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated</i></p>			<p>1</p> <p>Vegetarian Chef Choice And Vegetables</p>
<p>4</p> <p>Vegetarian Chef Choice And Vegetables</p>	<p>5</p> <p>Jambalaya With Tempeh Bell Pepper and Broccoli</p>	<p>6</p> <p>Eggplant Parmesan Capri Blend Vegetables</p>	<p>7</p> <p>Barley and Mushroom Pilaf with Tofu Italian Blend Vegetables</p>	<p>8</p> <p>Mushroom and Lentil Bake Broccoli</p>
<p>11</p> <p>Vegetarian Chef Choice And Vegetables</p>	<p>12</p> <p>Roasted Vegetable Risotto Summer Vegetables Parmesan Cheese</p>	<p>13</p> <p>Roasted Artichoke and Leek Cappellini Noodles with Olive Oil</p>	<p>14</p> <p>Broccoli Quiche Three Bean Salad</p>	<p>15</p> <p>Quinoa Stir Fry Black Bean Tofu</p>
<p>18</p> <p>Vegetarian Chef Choice And Vegetables</p>	<p>19</p> <p>Vegetable Cassoulet With Couscous Butternut Squash and Carrots</p>	<p>20</p> <p>Tofu with Spinach Buckwheat Noodles Eggplant</p>	<p>21</p> <p>Spinach And Pesto Pasta Glazed Vegetables</p>	<p>22</p> <p>Multi Grain Fetta Cheese Salad Carrots and Cabbage</p>
<p>25</p> <p>Vegetarian Chef Choice And Vegetables</p>	<p>26</p> <p>Braised Vegetable Stew and Couscous</p>	<p>27</p> <p>Vegetarian Lasagna Roasted Artichokes Stewed Carrots</p>	<p>28</p> <p>Vegetable Quiche Three Bean Salad</p>	<p>29</p> <p>Summer Squash Gratin Braised Vegetable With Mozzarella Cheese</p>