



# Meals on Wheels Choice 3 - Beef Entree

JUNE 2018

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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>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.</i></p> <p><i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>			<p><b>Beef Stew</b> Polenta Root Vegetables</p> <p style="text-align: right;">1</p>	
	<p><b>Chef's Choice Meal</b> Fruit Salad</p> <p style="text-align: right;">4</p>	<p><b>Beef Bourginon Rice Pilaf</b> Steamed Spinach Potatoes &amp; Mushrooms</p> <p style="text-align: right;">5</p>	<p><b>Spaghetti Bolognese</b> Broccoli and Normandy Blend Vegetables</p> <p style="text-align: right;">6</p>	<p><b>Beef Stew</b> Barley Seasonal Vegetables</p> <p style="text-align: right;">7</p>	<p><b>Beef Tacos &amp; Rice</b> Spanish Rice Zucchini</p> <p style="text-align: right;">8</p>
	<p><b>Beef Lasagna</b> Brussel Sprouts</p> <p style="text-align: right;">11</p>	<p><b>Beefaroni</b> Steamed Vegetables</p> <p style="text-align: right;">12</p>	<p><b>Beef and Broccoli Stir Fry</b> Brown Rice Asian Blend Vegetables</p> <p style="text-align: right;">13</p>	<p><b>Pot Roast</b> Braised Vegetables And Roasted Potatoes</p> <p style="text-align: right;">14</p>	<p><b>Beef Stew</b> Polenta Root Vegetables</p> <p style="text-align: right;">15</p>
	<p><b>Stuffed Bell Peppers</b> Brown Rice Vegetables</p> <p style="text-align: right;">18</p>	<p><b>Beef and Broccoli Stir Fry</b> Brown Rice Asian Blend Vegetables</p> <p style="text-align: right;">19</p>	<p><b>Chili Con Carne</b> Corn and Bell Peppers</p> <p style="text-align: right;">20</p>	<p><b>Shepard's Pie</b> Oven Roasted Brussels Sprouts</p> <p style="text-align: right;">21</p>	<p><b>Thai Beef Bowl</b> Steamed Rice Asparagus</p> <p style="text-align: right;">22</p>
	<p><b>Stuffed Bell Peppers</b> Brown Rice Vegetables</p> <p style="text-align: right;">26</p>	<p><b>Beef and Broccoli Stir Fry</b> <b>Brown Rice</b> Asian Blend Vegetables</p> <p style="text-align: right;">26</p>	<p><b>Salisbury Steak</b> Couscous &amp; Spinach Mushroom Gravy</p> <p style="text-align: right;">27</p>	<p><b>Beef Tacos &amp; Rice</b> Spanish Rice Zucchini</p> <p style="text-align: right;">28</p>	<p><b>Beef Meat Loaf</b> Dirty Mashed Potatoes Spinach</p> <p style="text-align: right;">29</p>