



Meals on Wheels

JUNE 2018

Choice 4 - Diabetic Friendly & Heart Friendly

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>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>				1
4	5	6	7	8	
<p>Chef's Choice Meal</p> <p>Fruit Salad</p>	<p>DF & HF Baked Fish & Lemon Dill Sauce</p> <p>Potatoes and Broccoli</p>	<p>DF & HF Chicken Picatta</p> <p>Brown Rice</p> <p>Italian Vegetables</p>	<p>DF & HF Pork Verde</p> <p>Black Beans and Corn</p> <p>Mixed Vegetables</p>	<p>DF & HF Beef Stew</p> <p>Root Vegetables and Polenta</p>	
11	12	13	14	15	
<p>DF & HF Chicken Cacciatore</p> <p>with Rotini Pasta and Italian Blend Vegetables</p>	<p>DF & HF Barley Beef and Vegetable Stew</p> <p>Pilaf Barley</p>	<p>DF & HF Turkey Meat Loaf</p> <p>Mashed Sweet Potatoes and Steamed Spinach</p>	<p>DF & HF Quinoa, Tofu and Black Beans</p> <p>Snow Peas & Corn</p>	<p>DF & HF Chicken Picatta</p> <p>Brown Rice</p> <p>Italian Vegetables</p>	
18	19	20	21	22	
<p>DF & HF Beef and Black Bean Sauce</p> <p>Snow Peas</p> <p>Brown Rice</p>	<p>DF & HF Salisbury Chicken</p> <p>Peppers, Spinach</p> <p>Salsa</p>	<p>DF & HF Thai Beef Bowl</p> <p>With Steamed Brown Rice</p> <p>Asian Blend Vegetables</p>	<p>DF & HF Grilled Chicken</p> <p>Seasonal Vegetables</p> <p>Couscous & Salsa</p>	<p>DF & HF Salmon Curry</p> <p>Asian Blend Vegetables</p> <p>Brown Rice</p>	
25	26	26	28	29	
<p>DF & HF Turkey Tacos</p> <p>Corn Tortilla and Spanish Rice</p>	<p>DF & HF Grilled Pork Tenderloin</p> <p>with Mustard Sauce and Grilled Vegetables</p>	<p>DF & HF Grilled Chicken</p> <p>Couscous & Salsa</p> <p>Asparagus & Corn</p>	<p>DF & HF Pork Verde</p> <p>Black Beans and Corn</p> <p>Mixed Vegetables</p>	<p>DF & HF Beef Broccoli Stir Fry</p> <p>with Mixed Vegetables and Brown Rice</p>	