



Meals on Wheels

Choice 1 - Poultry Entree

January 2019

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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>	1	2	3	4	
	Chef's Choice Meal HOLIDAY—CLOSED	Chef's Choice Meal	Chicken Tikka Jeweled Rice Zucchini Curry	Chicken Cacciatore Penne Pasta Italian Blend Vegetables	
	7	8	9	10	11
	Braised Chicken Sweet Potatoes Brussel Sprouts	Spanish Chicken Verde Grilled Vegetables Corn Bread Crumble	Macaroni & Cheese Grilled Chicken Mixed Vegetables	Chicken Tacos Brown Rice Broccoli	Chicken Stir-Fry Brown Rice Asian Vegetables
	14	15	16	17	18
	BBQ Chicken Corn Carrots Roasted Potatoes	Chicken Dijon Spanish Rice Brussel Sprouts	Braised Chicken Sweet Potatoes Brussel Sprouts	Turkey Briana Rice Seasoned Cabbage	Chicken with Apple Gravy Polenta Roasted Broccoli
	21	22	23	24	25
	Chef's Choice Meal HOLIDAY—CLOSED	Turkey Tetrazzini Whole Grain Pasta Seared Mushrooms	Chicken ala King Mushrooms & Carrots Rotini Pasta	5 Spice Chicken Brown Rice Pilaf Italian Vegetables	Grilled Chicken with Lemon Capers Artichoke Sauce Brown Rice Brussel Sprouts
28	29	30	31	<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>	
Orange Chicken Pineapple Rice Stir-Fry Vegetables	Chicken Florentine Seasoned Spinach Linguini Pasta	All Day Staff Meeting CLOSED	Spanish Chicken Verde Grilled Vegetables Corn Bread Crumble		