



Meals on Wheels

Choice 2 - Vegetarian Entree

January 2019

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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>Vegetarian Chef Choice ¹</p> <p>HOLIDAY—CLOSED</p>	<p>Vegetarian Chef Choice ²</p>	<p>Multi Grain Curry ³</p> <p>Leeks, Carrots & Broccoli Quinoa</p>	<p>Cheese Tortellini ⁴</p> <p>Roasted Red Pepper Sauce Roasted Veggie Mix</p>
<p>Fresh Kale ⁷</p> <p>With Swiss Baked Penne Pasta</p>	<p>Tofu Stir-Fry ⁸</p> <p>Steamed Rice Peas & Carrots</p>	<p>Quinoa Stir-Fry ⁹</p> <p>Winter Vegetables Boiled Egg</p>	<p>Jambalaya & Tempeh Cake ¹⁰</p> <p>Capri Vegetables Brown Rice</p>	<p>Quinoa ¹¹</p> <p>Celery Root Seared Spinach</p>
<p>Vegetarian Polenta ¹⁴</p> <p>Cauliflower & Bell Pepper Mozzarella Cheese</p>	<p>Vegetarian Chili ¹⁵</p> <p>Cheddar Cheese Baked Potato</p>	<p>Pad Thai ¹⁶</p> <p>Fried Rice Stir-Fry Vegetables</p>	<p>Quinoa ¹⁷</p> <p>Celery Root Seared Spinach</p>	<p>Vegetable Cassoulet ¹⁸</p> <p>Seasonal Vegetable Cannellini Beans</p>
<p>Vegetarian Chef Choice ²¹</p> <p>Vegetables</p>	<p>Macaroni & Cheese ²²</p> <p>Mushrooms Mixed Vegetables</p>	<p>Spaghetti ²³</p> <p>Marinara Sauce</p>	<p>Vegetable Frittata ²⁴</p> <p>Stewed Carrots</p>	<p>Roasted Vegetable Risotto ²⁵</p> <p>Tofu</p>
<p>Vegetarian Chef Choice ²⁸</p> <p>Vegetables</p>	<p>Tomato & White Bean Rigatoni ²⁹</p> <p>Spinach</p>	<p>All Day Staff Meeting ³⁰</p> <p>CLOSED</p>	<p>Vegetarian Chef Choice ³¹</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>