



Meals on Wheels

Choice 4 - Diabetic Friendly & Heart Friendly

January 2019

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>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>1</p> <p>HOLIDAY—Closed</p>	<p>2</p> <p>Chef's Choice Meal</p>	<p>3</p> <p>DF & HF Beef Stew Root Vegetables Polenta</p>	<p>4</p> <p>DF & HF Chicken Cacciatore Whole Grain Pasta Italian Blend Vegetables</p>
<p>7</p> <p>DF & HF Baked Fish with Lemon Dill Sauce Cauliflower & Broccoli</p>	<p>8</p> <p>DF & HF Beef Broccoli Stir-Fry Mixed Vegetables Brown Rice</p>	<p>9</p> <p>DF & HF Pork Verde Black Beans Zucchini Squash</p>	<p>10</p> <p>DF & HF Chicken Burger Pineapple Salsa Cauliflower Mash</p>	<p>11</p> <p>DF & HF Meat Balls Pasta Tomato Sauce Italian Blend Vegetables</p>
<p>14</p> <p>DF & HF Salisbury Chicken Peppers Spinach Tomato Salsa</p>	<p>15</p> <p>DF & HF Grilled Chicken Couscous & Salsa Asparagus Corn Green Bell Pepper</p>	<p>16</p> <p>DF & HF Salmon Curry Veg Bowl Brown Rice</p>	<p>17</p> <p>DF & HF Beef Broccoli Stir-Fry Mixed Vegetables Brown Rice</p>	<p>18</p> <p>DF & HF Grilled Pork Tenderloin with Mustard Sauce Grilled Vegetables</p>
<p>21</p> <p>HOLIDAY –CLOSED</p>	<p>22</p> <p>DF & HF Beef & Blackbean Sauce Asian Blend Vegetables</p>	<p>23</p> <p>DF & HF Chicken Stir-Fry Asian Vegetables</p>	<p>24</p> <p>DF & HF Baked Fish & Lemon Dill Sauce Cauliflower & Broccoli</p>	<p>25</p> <p>DF & HF Swiss Turkey Stew Capri Vegetable Blend</p>
<p>28</p> <p>DF & HF Grilled Pork Tenderloin with Mustard Sauce Grilled Vegetables</p>	<p>29</p> <p>DF & HF Thai Beef Bowl Brown Rice Veggies and Asparagus</p>	<p>30</p> <p>All Day Staff Meeting CLOSED</p>	<p>31</p> <p>DF & HF Grilled Chicken Couscous & Salsa Asparagus, Corn , Green Bell Pepper</p>	<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>