



Meals on Wheels

MAY 2018

Choice 1 - Poultry, Seafood, Pork Entree

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>1</p> <p>Macaroni and Cheese with Grilled Chicken and Mixed Veggies</p>	<p>2</p> <p>Pork Loin Balsamic Cherry Chutney Brown Rice and Peas</p>	<p>3</p> <p>Tuna Casserole with Cheddar Cheese and Broccoli</p>	<p>4</p> <p>Chicken Pasta Salad Grilled Chicken and Vegetables</p>
<p>7</p> <p>Turkey Tetrazzini with Whole Grain Pasta And Vegetables</p>	<p>8</p> <p>Pork Loin Sweet Potatoes and Mixed Veggies</p>	<p>9</p> <p>Turkey, Broccoli, Bulger Salad in Balsamic Vinaigrette</p>	<p>10</p> <p>Chicken Florentine with Linguini in Pesto Sauce with Seasonal Vegetables</p>	<p>11</p> <p>Baked Fish Lemon Dill Sauce Steamed Brown Rice and Broccoli</p>
<p>14</p> <p>Turkey Meat Loaf Mashed Sweet Potatoes and Steamed Spinach</p>	<p>15</p> <p>Chicken Pesto Over Penne Pasta with Capri Vegetables</p>	<p>16</p> <p>Turkey Cutlet Potato Melody and Seasoned Spinach</p>	<p>17</p> <p>Salmon Risotto in Arboreal Rice with Asparagus</p>	<p>18</p> <p>Chicken ala King Steamed Rice and Roasted Broccoli</p>
<p>21</p> <p>Chicken Cacciatore with Rotini Pasta and Italian Blend Vegetables</p>	<p>22</p> <p>Pork Carnitas Pinto Beans in Red Sauce and Seasonal Vegetables</p>	<p>23</p> <p>Chicken Pesto Over Penne Pasta with Capri Vegetables</p>	<p>24</p> <p>Chicken Parmesan with Linguini and Roasted Squash</p>	<p>25</p> <p>Swiss Turkey (Chili) Ground Turkey with Kidney Beans and Corn</p>
<p>28</p> <p>HOLIDAY</p>	<p>29</p> <p>Chicken Tikka with Jeweled Rice and Zucchini Curry</p>	<p>30</p> <p>Beef Broccoli Stir Fry with Mixed Vegetables and Brown Rice</p>	<p>31</p> <p>Chicken Pasta Grilled Chicken And Vegetables</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>