



Meals on Wheels

MAY 2018

Choice 2 - Vegetarian Entree

Phone: 707-525-0383

En Espanol: 707-525-0143

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>1</p> <p>Braised Vegetable Stew and Couscous</p>	<p>2</p> <p>Vegetable Frittata Ricotta Cheese Stewed Carrots</p>	<p>3</p> <p>Jambalaya With Tempeh Bell Pepper and Broccoli</p>	<p>4</p> <p>Barley and Mushroom Pilaf with Tofu</p>
<p>7</p> <p>Vegetarian Chef Choice And Vegetables</p>	<p>8</p> <p>Broccoli Quiche Three Bean Salad</p>	<p>9</p> <p>Vegetable Stir Fry with Tofu With Rice Noodles</p>	<p>10</p> <p>Vegetable Cassoulet With Couscous Butternut Squash and Carrots</p>	<p>11</p> <p>Vegetarian Pasta Bake Whole Wheat Pasta Italian Vegetables</p>
<p>14</p> <p>Vegetarian Chef Choice And Vegetables</p>	<p>15</p> <p>Summer Squash Gratin Braised Vegetable With Mozzarella Cheese</p>	<p>16</p> <p>Mac And Cheese Cheddar Cheese Mixed Vegetables</p>	<p>17</p> <p>Multi Grain Curry Dish Broccoli and Carrots</p>	<p>18</p> <p>Spinach And Pesto Pasta Glazed Vegetables</p>
<p>21</p> <p>Vegetarian Chef Choice And Vegetables</p>	<p>22</p> <p>Broccoli Quiche Three Bean Salad</p>	<p>23</p> <p>Vegetarian Chili Baked Potato Roasted Broccoli</p>	<p>24</p> <p>Braised Vegetable Stew and Couscous</p>	<p>25</p> <p>Eggplant Parmesan Stewed Carrots</p>
<p>28</p> <p>HOLIDAY</p>	<p>29</p> <p>Vegetable Frittata Ricotta Cheese Italian Vegetable Blend</p>	<p>30</p> <p>Eggplant Parmesan Stewed Carrots</p>	<p>31</p> <p>Broccoli Quiche Three Bean Salad</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>