



# Meals on Wheels

## Choice 3 - Beef Entree

MAY 2018

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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><b>1</b></p> <p><b>Beef Tacos &amp; Rice</b> Spanish Rice Zucchini</p>	<p><b>2</b></p> <p><b>Beef Stew</b> Barley Seasonal Vegetables</p>	<p><b>3</b></p> <p><b>Beef Bourginon Rice Pilaf</b> Steamed Spinach Potatoes &amp; Mushrooms</p>	<p><b>4</b></p> <p><b>Spaghetti Bolognese</b> Broccoli and Normandy Blend Vegetables</p>	
<p><b>7</b></p> <p><b>Pot Roast</b> Braised Vegetables And Roasted Potatoes</p>	<p><b>8</b></p> <p><b>Beef with Black Bean Sause</b> Fried Rice Snow Peas</p>	<p><b>9</b></p> <p><b>Beef Lasagna</b> Brussel Sprouts</p>	<p><b>10</b></p> <p><b>Beefaroni</b> Steamed Vegetables</p>	<p><b>11</b></p> <p><b>Beef Stir Fry</b> Brown Rice Broccoli</p>	
<p><b>14</b></p> <p><b>Beef Stew</b> Lentils And Vegetables</p>	<p><b>15</b></p> <p><b>Meatballs and Marinara Sauce</b> Summer Vegetables</p>	<p><b>16</b></p> <p><b>Beef Bolognese</b> Broccoli</p>	<p><b>17</b></p> <p><b>Beef and Broccoli Stir Fry</b> <b>Brown Rice</b> Asian Blend Vegetables</p>	<p><b>18</b></p> <p><b>Chili Con Carne</b> Corn and Bell Peppers</p>	
<p><b>21</b></p> <p><b>Shepard's Pie</b> Oven Roasted Brussels Sprouts</p>	<p><b>22</b></p> <p><b>Thai Beef Bowl</b> Steamed Rice Asparagus</p>	<p><b>23</b></p> <p><b>Stuffed Bell Peppers</b> Brown Rice Vegetables</p>	<p><b>24</b></p> <p><b>Salisbury Steak</b> Couscous &amp; Spinach Mushroom Gravy</p>	<p><b>25</b></p> <p><b>Beef Stir Fry</b> Brown Rice Broccoli</p>	
<p><b>28</b></p> <p><b>HOLIDAY</b></p>	<p><b>29</b></p> <p><b>Beef Meat Loaf</b> Mashed Potatoes Spinach</p>	<p><b>30</b></p> <p><b>Beef Stew</b> Polenta Root Vegetables</p>	<p><b>31</b></p> <p><b>Beef Bourginon</b> Potatoes Steamed Spinach</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>	