



Meals on Wheels

MAY 2018

Choice 4 - Diabetic Friendly & Heart Friendly

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>DF & HF Beef Broccoli Stir Fry with Mixed Vegetables and Brown Rice</p>	<p>2</p> <p>DF & HF Grilled Pork Tenderloin with Mustard Sauce and Grilled Vegetables</p>	<p>3</p> <p>DF & HF Baked Fish & Lemon Dill Sauce Potatoes and Broccoli</p>	<p>4</p> <p>DF & HF Chicken Picatta Brown Rice Italian Vegetables</p>
<p>7</p> <p>DF & HF Chicken Pesto Over Penne Pasta with Seasoned Vegetables</p>	<p>8</p> <p>DF & HF Pork Verde Black Beans and Corn Mixed Vegetables</p>	<p>9</p> <p>DF & HF Grilled Pollock Salsa and Green Bell Pepper, Corn, Capri Blend Vegetables</p>	<p>10</p> <p>DF & HF Chicken Cacciatore with Rotini Pasta and Italian Blend Vegetables</p>	<p>11</p> <p>DF & HF Barley Beef and Vegetable Stew Pilaf Barley</p>
<p>14</p> <p>DF & HF Turkey Meat Loaf Mashed Sweet Potatoes and Steamed Spinach</p>	<p>15</p> <p>DF & HF Quinoa, Tofu and Black Beans Snow Peas & Corn</p>	<p>16</p> <p>DF & HF Chicken Picatta with Brown Rice and Italian Vegetables</p>	<p>17</p> <p>DF & HF Beef and Black Bean Sauce Snow Peas Brown Rice</p>	<p>18</p> <p>DF & HF Salmon Curry And Vegetable Bowl Asian Blend Vegetables</p>
<p>21</p> <p>DF & HF Salisbury Chicken Peppers, Spinach Salsa</p>	<p>22</p> <p>DF & HF Thai Beef Bowl With Steamed Brown Rice Asian Blend Vegetables</p>	<p>23</p> <p>DF & HF Grilled Chicken Couscous & Salsa Asparagus, Corn, Green Bell Pepper</p>	<p>24</p> <p>DF & HF Beef Broccoli Stir Fry Mixed Vegetables Brown Rice</p>	<p>25</p> <p>DF & HF Pork Verde Black Beans and Corn Mixed Vegetables</p>
<p>28</p> <p>HOLIDAY</p>	<p>29</p> <p>DF & HF Beef Broccoli Stir Fry Mixed Vegetables and Brown Rice</p>	<p>30</p> <p>DF & HF Pork Verde Black Beans and Corn Mixed Vegetables</p>	<p>31</p> <p>DF & HF Salmon Curry Vegetable Bowl Asian Blend Vegetables Brown Rice</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>