



Meals on Wheels Café Menu

December 2018

Phone: 707-525-0383

En Espanol: 707-525-0143

FOR SENIORS 60 YEARS AND OLDER

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu is subject to change without notice. All meals include 8 oz. of low fat milk, Fruit, and a whole wheat roll.</i></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>				
<p>3</p> <p>Creamy Chicken & Mushroom Rice Pilaf Italian Vegetables</p>	<p>4</p> <p>Pork Pineapple Salsa Brown Rice Peas and Carrots</p>	<p>5</p> <p>Chicken Cacciatore Whole Grain Pasta Italian Blend Vegetables</p>	<p>6</p> <p>Tuna Casserole Broccoli Brown Rice</p>	<p>7</p> <p>Beef Tacos Spanish Rice Zucchini</p>
<p>10</p> <p>Pork Verde Black Beans Zucchini & Corn</p>	<p>11</p> <p>Salisbury Steak Spinach Roasted Potatoes</p>	<p>12</p> <p>Salmon Risotto In Arboreal Rice Peas & Asparagus</p>	<p>13</p> <p>Beef Stew Polenta Root Vegetables</p>	<p>14</p> <p>BBQ Chicken Corn & Carrots Roasted Potatoes</p>
<p>17</p> <p>Beef Broccoli Stir Fry Brown Rice Asian Blend Vegetables</p>	<p>18</p> <p>Braised Chicken Sweet Potatoes Brussel Sprouts</p>	<p>19</p> <p>Christmas Blackforest Ham Honey Glazed Scalloped Potatoes Capri Blend Vegetables Pumpkin Pie</p>	<p>20</p> <p>Chicken Tacos Broccoli Brown Rice</p>	<p>21</p> <p>Mexican Beef & Bean Casserole Squash</p>
<p>24</p> <p>HOLIDAY—CLOSED</p>	<p>25</p> <p>HOLIDAY—CLOSED</p>	<p>26</p> <p>Harvest Chicken Whole Wheat Pasta Grilled Vegetables</p>	<p>27</p> <p>Baked Fish with Lemon Dill Sauce Brown Rice Broccoli</p>	<p>28</p> <p>Beef Stroganoff Pasta Seasonal Vegetables</p>