



# Meals on Wheels Café Menu

February 2019

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FOR SENIORS 60 YEARS AND OLDER

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu is subject to change without notice.</i></p> <p><i>All meals include 8 oz. of low fat milk, fruit, and a whole wheat roll.</i></p>				<p><b>1</b></p> <p><b>Chicken ala King</b> Whole Wheat Pasta Carrots, Mushrooms, Celery</p>
<p><b>4</b></p> <p><b>Mexican Beef &amp; Bean Casserole</b> Yellow &amp; Zucchini Squash</p>	<p><b>5</b></p> <p><b>Pork Raisin Chutney</b> Stewed Greens</p>	<p><b>6</b></p> <p><b>Meatballs</b> Pasta Roasted Veggie Marinara Italian Vegetables</p>	<p><b>7</b></p> <p><b>Tuna Casserole</b> Broccoli Whole Grain Penne Pasta</p>	<p><b>8</b></p> <p><b>Chicken Stir-Fry</b> Brown Rice Asian Vegetables</p>
<p><b>11</b></p> <p><b>Pork Verde</b> Black Beans Zucchini &amp; Corn</p>	<p><b>12</b></p> <p><b>Chicken Dijon</b> Spanish Rice Brussel Sprouts</p>	<p><b>13</b></p> <p><b>Salmon Risotto</b> In Arboreal Rice Peas &amp; Asparagus</p>	<p><b>14</b></p> <p><b>Beef Stew</b> Polenta Root Vegetable</p>	<p><b>15</b></p> <p><b>Chicken Breast</b> Cranberry Apple Gravy Broccoli Polenta</p>
<p><b>18</b></p> <p><b>HOLIDAY—CLOSED</b></p>	<p><b>19</b></p> <p><b>Turkey Tetrizzini</b> Whole Grain Pasta Seared Mushrooms</p>	<p><b>20</b></p> <p><b>Beef Meat Loaf</b> Mashed Potatoes Spinach</p>	<p><b>21</b></p> <p><b>Pork Tenderloin</b> Roasted Vegetables Red Potatoes</p>	<p><b>22</b></p> <p><b>Grilled Chicken</b> Lemon Caper &amp; Artichoke Sauce Brussel Sprouts</p>
<p><b>25</b></p> <p><b>Orange Chicken</b> Pineapple Rice Stir-Fry Vegetables</p>	<p><b>26</b></p> <p><b>Chicken Florentine</b> Whole Grain Pasta Seasoned Spinach</p>	<p><b>27</b></p> <p><b>Beef Lasagna</b> Brussel Sprouts</p>	<p><b>28</b></p> <p><b>Baked Fish with Lemon Dill</b> Barley Steamed Broccoli</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>