



Meals on Wheels Café Menu

MAY 2018

Phone: 707-525-0383

En Espanol: 707-525-0143

FOR SENIORS 60 YEARS AND OLDER

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <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>1</p> <p>Macaroni and Cheese with Grilled Chicken and Mixed Veggies</p> | <p>2</p> <p>Pork Loin in Balsamic Cherry Chutney with Rice Pilaf and Peas</p> | <p>3</p> <p>Tuna Casserole Broccoli Brown Rice</p> | <p>4</p> <p>Chicken Pasta Salad Grilled Chicken with Whole Wheat Pasta in Balsamic Vinegar</p> |
| <p>7</p> <p>Beef with Black Bean Sauce Fried Rice and Snow Peas</p> | <p>8</p> <p>Turkey, Broccoli, Bulger Salad with Balsamic Vinaigrette</p> | <p>9</p> <p>Chicken Florentine with Linguini in Pesto Sauce Capri Blend Vegetables,</p> | <p>10</p> <p>Turkey Tetrazzini with Whole Grain Pasta in Creamy Mushroom Sauce</p> | <p>11</p> <p>Baked Fish with Lemon Dill Sauce Brown Rice, Broccoli</p> |
| <p>14</p> <p>Beef Pot Roast with Braised Vegetables Rice Pilaf</p> | <p>15</p> <p>Chicken Pesto Over Penne Pasta Capri Vegetables</p> | <p>16</p> <p>Beef Lasagna with Glazed Brussel Sprouts</p> | <p>17</p> <p>Salmon Risotto In Arboreal Rice Peas and Asparagus</p> | <p>18</p> <p>Turkey and Fennel Salad Barley, Tomatoes Balsamic Vinaigrette</p> |
| <p>21</p> <p>Chicken Cacciatore Whole Grain Pasta Italian Blend Vegetables</p> | <p>22</p> <p>Pork Carnitas Spanish Rice Seasonal Vegetables</p> | <p>23</p> <p>Stuffed Peppers Ground Beef, with Brown Rice Italian Blend Vegetables</p> | <p>24</p> <p>Chicken Dijon With Brussel Sprouts Brown Rice</p> | <p>25</p> <p>Swiss Turkey Stew (Chili) Ground Turkey with Beans Corn, Tomatoes</p> |
| <p>28</p> <p>HOLIDAY</p> | <p>29</p> <p>Beef Meat Loaf Dirty Mashed Potatoes Stewed Spinach</p> | <p>30</p> <p>Quiche Loraine With Broccoli</p> | <p>31</p> <p>Beef Bourginon Potatoes and Mushrooms 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> |