



Meals on Wheels Café Menu

November 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>1 Creamy Chicken & Mushroom Rice Pilaf Italian Vegetables</p>	<p>2 Pork Pineapple Salsa Peas and Carrots Brown Rice</p>
<p>5 Chicken Cacciatore Whole Grain Pasta Italian Blend Vegetables</p>	<p>6 Tuna Casserole Broccoli Whole Grain Penne Pasta</p>	<p>7 Macaroni and Cheese Grilled Chicken Zucchini and Yellow Squash</p>	<p>8 Pork Verde Black Beans Zucchini and Corn</p>	<p>9 Salisbury Steak Potatoes Red Bell Pepper Onions Spinach</p>
<p>12 HOLIDAY—CLOSED</p>	<p>13 Beef and Broccoli Stir Fry Brown Rice Asian Vegetable Mix</p>	<p>14 Salmon Risotto In Arboreal Rice Peas and Asparagus</p>	<p>15 Chicken Milanese Whole Grain Pasta Italian Vegetables</p>	<p>16 Thanksgiving Dinner Turkey & Trimmings Green Beans Mashed Potatoes Pumpkin Pie</p>
<p>19 Chicken Picatta Barley Seasonal Vegetables</p>	<p>20 Pork Mushrooms Pasta Florentine Capri Vegetables</p>	<p>21 Beefaroni Steamed Vegetables</p>	<p>22 HOLIDAY—CLOSED</p>	<p>23 HOLIDAY—CLOSED</p>
<p>26 Chicken Breast Cranberry Apple Gravy Broccoli Polenta</p>	<p>27 Baked Fish with Lemon Dill Barley Broccoli</p>	<p>28 Harvest Chicken with Linguini in Pesto Sauce Seasoned Spinach</p>	<p>29 Beef Meat Loaf Mashed Potatoes Spinach</p>	<p>30 Pork Tenderloin Grilled Onions Red Potatoes Roasted Vegetables</p>