



# Meals on Wheels

## Choice 1 - Poultry Entree

NOVEMBER 2018

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><i>It costs \$7.00 to produce each meal.</i></p> <p><i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>		<p>1</p> <p><b>Chicken and Mushroom Sauce</b> Italian Blend Vegetables Brown Rice</p>	<p>2</p> <p><b>Chicken Tikka</b> Jeweled Rice Zucchini Curry</p>
<p>5</p> <p><b>Chicken Cacciatore</b> Penne Pasta Italian Blend Vegetables</p>	<p>6</p> <p><b>Spanish Chicken Verde</b> Grilled Vegetables Corn Bread Crumble</p>	<p>7</p> <p><b>Macaroni and Cheese</b> Grilled Chicken Mixed Vegetables</p>	<p>8</p> <p><b>Turkey Divan</b> Penne Pasta Broccoli</p>	<p>9</p> <p><b>Chicken Alfredo</b> Fettucine Pasta Roasted Broccoli</p>
<p>12</p> <p><b>Chef's Choice Meal</b></p> <p><b>HOLIDAY –CLOSED</b></p>	<p>13</p> <p><b>Chicken Stir Fry</b> Brown Rice Asian Vegetables</p>	<p>14</p> <p><b>BBQ Chicken</b> Corn Carrots Roasted Potato</p>	<p>15</p> <p><b>Chicken Milanese</b> Whole Grain Pasta Italian Vegetables</p>	<p>16</p> <p><b>Thanksgiving Dinner</b> Turkey and Trimmings Pumpkin Pie</p>
<p>19</p> <p><b>BBQ Chicken</b> Corn Carrots Roasted Potatoes</p>	<p>20</p> <p><b>Braised Chicken</b> Sweet Potatoes Brussel Sprouts</p>	<p>21</p> <p><b>Chicken Tacos</b> Spanish Rice Broccoli</p>	<p>22</p> <p><b>Chef's Choice Meal</b> <b>Happy Thanksgiving</b></p> <p><b>HOLIDAY—CLOSED</b></p>	<p>23</p> <p><b>Chef's Choice Meal</b></p> <p><b>HOLIDAY—CLOSED</b></p>
<p>26</p> <p><b>Sweet and Sour Chicken</b> Fried Rice Stir Fried Vegetables</p>	<p>27</p> <p><b>Smothered Chicken</b> Black Eyed Peas Collard Greens</p>	<p>28</p> <p><b>Harvest Chicken</b> Whole Grain Penne Pasta Grilled Vegetables</p>	<p>29</p> <p><b>Turkey Tetrzzini</b> Whole Grain Pasta Seared Mushrooms</p>	<p>30</p> <p><b>Braised Chicken</b> Sweet Potatoes Brussel Sprouts</p>