



Meals on Wheels

Choice 2 - Vegetarian Entree

November 2018

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FOR SENIORS 60 YEARS AND OLDER				
Chef's Choice Meals are for weekend clients Vegetarian Meals on Mondays				
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>Fresh Kale With Swiss Baked Penne Pasta</p>	<p>2</p> <p>Tofu Stir Fry Steamed Rice Spring Rolls</p>
<p>5</p> <p>Vegetarian Chef Choice Vegetables</p>	<p>6</p> <p>Eggplant Parmesan Penne Pasta Stewed Carrots</p>	<p>7</p> <p>Quinoa Stir Fry Mixed Vegetables Boiled Egg</p>	<p>8</p> <p>Jambalaya and Tempeh Cake Capri Vegetables Brown Rice</p>	<p>9</p> <p>Quinoa Stir Fry Black Beans Tofu Asian Blend Veggies</p>
<p>12</p> <p>Vegetarian Chef Choice Vegetables</p> <p>HOLIDAY—CLOSED</p>	<p>13</p> <p>Vegetarian Chili Cheddar Cheese Baked Potato</p>	<p>14</p> <p>Vegetable Cassoulet Seasonal Vegetable Cannellini Beans</p>	<p>15</p> <p>Vegetable Quiche Three Bean Pasta Salad</p>	<p>16</p> <p>Thanksgiving Meal Lentil Loaf Sweet Potatoes Pumpkin Pie</p>
<p>19</p> <p>Vegetable Frittata Stewed Carrots</p>	<p>20</p> <p>Roasted Vegetable Risotto Tofu</p>	<p>21</p> <p>Vegetable Stew Couscous Tofu</p>	<p>22</p> <p>Vegetarian Chef Choice Vegetables</p> <p>HOLIDAY—CLOSED</p>	<p>23</p> <p>Vegetarian Chef Choice Vegetables</p> <p>HOLIDAY—CLOSED</p>
<p>26</p> <p>Macaroni and Cheese Mushrooms Mixed Vegetables</p>	<p>27</p> <p>Roasted Artichoke & Leek Cappellini Olive Oil</p>	<p>28</p> <p>Tofu Stir Fry Steamed Rice Spring Rolls</p>	<p>29</p> <p>Vegetarian Chili Baked Potato Cheddar Cheese</p>	<p>30</p> <p>Vegetable Lasagna With Italian Vegetables</p>