



# Meals on Wheels

## Choice 3 - Beef Entree, Seafood, Pork Entree

November 2018

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FOR SENIORS 60 YEARS AND OLDER			Chef's Choice Meals are for weekend clients	
Monday	Tuesday	Wednesday	Thursday	Friday
<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><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><b>1</b></p> <p><b>Mexican Beef</b> Bean Casserole Yellow and Zucchini Squash</p>	<p><b>2</b></p> <p><b>Pork with Pineapple Salsa</b> Peas and Carrots Brown Rice</p>
<p><b>5</b></p> <p><b>Meatballs with Pasta</b> Roasted Veggie Marinara Italian Vegetables</p>	<p><b>6</b></p> <p><b>Tuna Casserole</b> Broccoli Whole Grain Penne Pasta</p>	<p><b>7</b></p> <p><b>Salisbury Steak</b> Potatoes Red Bell Pepper Onions Spinach</p>	<p><b>8</b></p> <p><b>Pork Verde</b> Black Beans Zucchini and Corn</p>	<p><b>9</b></p> <p><b>Beef Tacos</b> Spanish Rice Zucchini</p>
<p><b>12</b></p> <p><b>Chef's Choice Meal</b></p> <p><b>HOLIDAY—Closed</b></p>	<p><b>13</b></p> <p><b>Beef and Broccoli Stir Fry</b> Brown Rice Asian Vegetable Blend</p>	<p><b>14</b></p> <p><b>Salmon Risotto</b> In Arboreal Rice Peas and Asparagus</p>	<p><b>15</b></p> <p><b>Beef Stew</b> Polenta Root Vegetables</p>	<p><b>16</b></p> <p><b>Thanksgiving Dinner</b> Turkey &amp; Trimmings Mashed Potato Green Beans Pumpkin Pie</p>
<p><b>19</b></p> <p><b>Mexican Beef and Bean Casserole</b> Yellow and Zucchini Squash</p>	<p><b>20</b></p> <p><b>Pork and Mushrooms</b> Pasta Florentine Capri Vegetables</p>	<p><b>21</b></p> <p><b>Beefaroni</b> Steamed Vegetables</p>	<p><b>22</b></p> <p><b>Chef's Choice Meal</b></p> <p><b>HOLIDAY—CLOSED</b></p>	<p><b>23</b></p> <p><b>Chef's Choice Meal</b> <b>Happy Thanksgiving</b></p> <p><b>HOLIDAY—CLOSED</b></p>
<p><b>26</b></p> <p><b>Beef Stir Fry</b> Brown Rice Asian Blend Vegetables</p>	<p><b>27</b></p> <p><b>Baked Fish with Lemon Dill</b> Barley Broccoli</p>	<p><b>28</b></p> <p><b>Beef Stroganoff</b> Pasta Noodles Seasonal Vegetables</p>	<p><b>29</b></p> <p><b>Beef Meat Loaf</b> Mashed Potato Normandy Vegetables</p>	<p><b>30</b></p> <p><b>Pork Tenderloin</b> Red Potatoes Roasted Vegetables</p>